

## **[Aware: Liffey Loop \(https://www.activelink.ie/node/113314\)](https://www.activelink.ie/node/113314)**



**Join companies like Three Ireland, Grant Thornton, and An Post, for a walk that matters, at the third annual Aware Liffey Loop on Thursday, March 13th, 2025.**

**Will you unite in a powerful show of solidarity and support for mental wellbeing?**

### **What's Involved?**

A leisurely 5K walk along the Liffey with your team, as the Dublin business community joins forces to support mental health ahead of St. Patrick's Day. Don't forget to wear your Liffey Loop t-shirt with pride, and join us for lunch and entertainment at Dublin Port Company's historic Pumphouse.

### **Why Take Part?**

#### **A Shared Cause, a Unified Effort**

Mental health affects us all—our employees, our families, our friends, our colleagues, our communities. Join a network of businesses committed to championing mental health and be part of a collective effort to raise awareness and drive change.

#### **Support/Empower Your Team**

Reinforce your commitment to creating a healthy, supportive work environment where mental health is a priority.

#### **Boost Team Morale**

A fun, energizing way for your team to take a break, enjoy the fresh air, and build bonds outside of the workplace.

#### **Make A Positive Impact**

This is more than just a walk. Proceeds from the event will go towards Aware's vital free services, helping ensure we can continue to be there for the people who need us most.

**Together, we can make a powerful statement: we care about mental health, we care about our people, and we care about our community.**

Whether you're a team of 5 or 500, your presence matters. Speak with Miriam or Drew today to see how you can get involved.

**Let's take a step forward for mental health together.**

#### **Drew Flood**

Business Development Manager [drew.flood@aware.ie](mailto:drew.flood@aware.ie) (<mailto:drew.flood@aware.ie?subject=Corporate%20Partnership%20with%20Aware>)

**Miriam Ryan**

Corporate & Foundation Fundraising Manager [miriam.ryan@aware.ie](mailto:miriam.ryan@aware.ie) (mailto:miriam.ryan@aware.ie?subject=Corporate%20Partnership%20with%20Aware)

**Please click here for further information. (<https://www.aware.ie/liffeyloop/>)**

**Region**

Dublin

More Information (<https://www.aware.ie/liffeyloop/>)

**Date Entered/Updated**

22nd Jan, 2025

**Expiry Date**

12th Mar, 2025

---

**Source URL:** <https://www.activelink.ie/community-exchange/fundraisers/113314-aware-liffey-loop>