

# DANDERBALL KICKS OFF IN BELFAST

## WALKING FOOTBALL PROGRAMME



Danderball has arrived at Better and we want you to get involved.

Walking Football is similar to five-a-side football but the difference is that players are not allowed to run, jog or sprint whether on or off the ball.

We are hosting an open 'Danderball' session on **Thursday 19<sup>th</sup> January** at **Girdwood Community Hub** at **11.00am**.

Come along and meet participants who are already involved. 'Dander' your way to a more active lifestyle!

Contact Anne Ross on 02890 502073 or email [anne.ross@bhdu.org](mailto:anne.ross@bhdu.org)



In partnership with  
**Belfast City Council**



football for all

