

**WIGGLE IT
WAGGLE IT
MOVE IT
GROOVE IT
JUST DON'T
SIT ON IT**

**on your
feet™**
**Northern
Ireland**



**YOUR WORKPLACE CHAMPION FOR
ON YOUR FEET NORTHERN IRELAND**

WILL BE ORGANIZING A

ON THE

**COME ALONG AND JOIN THE FIRST NATIONAL
CHALLENGE TO GET NORTHERN IRELAND STANDING**

#SITLESS #MOVEMORE

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In Association
With

