

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

**on your  
feet<sup>TM</sup>  
Ireland**



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

**WILL BE ORGANISING A**

**ON THE**

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

**#SITLESS #MOVEMORE**

©Active Working C.I.C, registered in England and Wales (09154581)

Event  
Organiser

In Association  
With

