

**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**

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**Event  
Organiser**

**In Association  
With**

