



## *Anyone for Table Tennis??*

Table tennis is a sport that both men and women of all ages can enjoy and is a great way to help keep you fit.

Here are some of the known advantages of regular ping pong:

- cardio vascular exercise,
- improves balance and coordination,
- helps burn a few calories,
- helps to keep the brain active, increasing motor and cognitive skills.
- It can also be easy on the joints for those who suffer from arthritis or other similar ailments.
- And of course not forgetting, it can be great fun and very social.

My name is Deborah Dwyer and I would like to set up a regular weekly club in one of the surrounding village halls. If you think that this is something you would like to participate in then please do register your interest by either:

Emailing me [dvdwyero5@gmail.com](mailto:dvdwyero5@gmail.com) or calling me on 0790 891 8934.