

# Lifeball



*The game you play for life!*

Keep **fit** and have **fun** by joining a LifeBall team!

**LifeBall** is a **simple** and **safe** team ball game for seniors.

It's like netball - players use teamwork to make goals against another team.

However, **LifeBall** is played at a walking pace and designed for safety.

**LifeBall** has been specifically designed to promote physical activity and falls injury prevention.

**Benefits:** **LifeBall** can help with:

- Balance
- Coordination
- Strength
- Flexibility
- Mobility
- Fitness



**Weekly Games**

	<b>Warriewood</b>	<b>Curl Curl</b>	<b>Forestville</b>
Day:	<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>
Time:	11.00am-12.30pm	2.00pm-3.30pm	9.30am-11.30am
Where:	Ted Blackwood Narrabeen Youth & Community Centre Cnr Jacksons Rd and Boondah Rd, Warriewood	Curl Curl Youth & Community Centre Abbott Road, North Curl Curl	Forestville Memorial Hall Cnr Starkey St & Warringah Rd
Contact:	Carolyn Phone: 9452 2171	Anne Phone: 9451 0229	Gail/Trevor Beardsmore Phone: 9452 1519
Bring:	Comfortable, flat-soled shoes; water bottle		
	Come & try- if you enjoy Lifeball, then become a member.		