



□ LIONEL Hartley joins in the Lifeball activity at Murwillumbah. His wife, ^(Rosemary) Margaret, also takes part.

Photo: JOHN HOULDSWORTH D88645b

Bouncing back to life

LIONEL Hartley has a message for the world's couch potatoes ... hop in and have a go.

Lionel, notwithstanding his walking cane, lines up regularly to take part in Lifeball at Banora Point. He was also among the 13 participants who helped launch Lifeball in Murwillumbah last week.

Lionel, a retired Murwillumbah doctor of sociology, is thrilled to be involved in the activity.

"I was in a wheelchair this time last year and the one thing I couldn't do was exercise," he said.

"Lifeball places no limits on age or infirmity.

"It is not competitive or aggressive and the emphasis is on

the social content."

Lionel believes the Murwillumbah launch was a big success.

"Everyone seemed keen to come back and continue the activity," he said.

Lifeball, a walking form of basketball, is an initiative of Northern Rivers Stay Active Stay Independent project.

Organisers are hoping for a better roll up in coming weeks.

"It is a good activity for people with all abilities," project officer Liz Patterson said.

□ Lifeball is held at the Salvation Army Centre in Banora Point on Fridays, from 9-11am, and at the Seventh Day Adventist Centre in Murwillumbah on Thursdays, from 9-11am.