

Active Ageing

MAKING A DIFFERENCE
THROUGH
TABLE TENNIS



Our aim is to give older Australian's
a fun path to active ageing
and improve their quality of life.



With over 300 million players worldwide,
you never know who you'll meet on the
other side of a table tennis table.



Playing Table Tennis has Net Benefits

Table Tennis is not just fun!

It has proven health and social benefits. It can be enjoyed by everybody, male and female, all year round. It is low-impact, active and social. That's how it can especially help older Australians combat...

loneliness # social isolation # inactivity # depression

Our Active Ageing program...

maximises the benefits of table tennis for older people. It is designed to boost wellbeing, mental health and community ties, whilst breaking down the isolation older Australians may feel. Research has shown that social inclusion activities like table tennis programs can help older people enjoy:

- # improved mobility
- # healthier sleep patterns
- # better coordination
- # increased cerebral blood flow
- # improved balance, which can reduce the risk of falls
- # improved upper body strength





WE LOVE
Table Tennis

'ADVANTAGE' COMMUNITY

We provide daytime table tennis activities at no cost to older Australians in our community. These are people who otherwise could not afford access to an activity like this.

Table Tennis is now being recommended as a method of warding off Alzheimer's and for assisting in the treatment of dementia because it combines physical activity with spatial skills, cognitive awareness and keeping social.



Our specially designed active ageing program creates an appropriate level of activity that includes healthy exercise, fun and social interaction.

There is no doubt it can make a difference... and you can too!
go to www.mad.asn.au

We invite you to support the establishment of 'Table Tennis for Life' community centres.

Yes I want to support 'Table Tennis for Life' & 'Active Ageing'

by making a contribution of \$ _____

☐ Enclosed is my cheque made payable to: 'Table Tennis for Life'
or

☐ Please charge my credit card - (MasterCard or Visa only)

Name as it appears on card _____

Signature: _____

Expiry Date: _____ Security Code: _____

Card Number:



☐ I am interested in getting involved with the 'Making A Difference Foundation' and projects like; 'Table Tennis for Life'

Name _____ Ph: _____

Email: _____

Please send completed form to address below:

Making A Difference Foundation - 4 Ryan Mews, Dingley Village, Vic. 3172

ABN 81 108 585 548

www.mad.asn.au

email: info@mad.asn.au

**TABLE TENNIS FOR LIFE
CAN TRANSFORM THE LIVES OF
OLDER AUSTRALIANS**



to receive the latest news & updates about Table Tennis for Life, Active Ageing, and other MAD initiatives, go to www.mad.asn.au/getmadwithus and subscribe to our mailing list.

