

De Wibbel

What is Gesond Diddeleng?

In the frame of the concept of health promotion from the working group « Gesond Diddeleng », the city of Dudelange offers weekly physical activity training sessions. The program aims to promote physical activity, to have fun in groups and hence to promote the well-being of the citizens.

Offer in the way of physical activity

In the frame of the concept “Gesond Diddeleng”, the project “De Wibbel” has been created in 2006, especially for overweight and obese children (6-12 years) living in Dudelange.

Types of exercises offered

The “De Wibbel” program proposes different types of physical activity which are organized according to a trimestral schedule. The intensity of the sport's and gymnastics' exercises and the level of difficulty are adapted to each child's capacity. All of these activities are animated and supervised by sport monitors. A children's bus pick-up is scheduled before the "De Wibbel" lesson.

Who can participate?

Any child, between 6 and 12 years, living in the Dudelange who is concerned by overweight or obesity can participate to this group. The numbers of participants is limited to 20.

Where and when are the sessions held?



Multi-sports

Wednesday
4.30 - 6.00 pm

According to the trimestral schedule
Dudelange



Information & registration

Gesond Diddeleng
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What are the costs?

The “De Wibbel” activities are free of charge, but a registration by the Service Santé Scolaire of Dudelange is necessary.