



Active 8...



Age UK Stockport

3 h • 

We have a new session launching at [Brinnington Park Leisure Complex](#) on Wednesday 6th October, in partnership with [Life Leisure Active Communities Team](#) called Active Afternoons. Active Afternoons is perfect for anyone who wants to get out and get a bit more active. The session will be really informal and is inclusive for adults ages 40+ and all ability levels. There will be a range of activities available from Badminton to Pickleball! There will also be tea and coffee available after. Full details can be seen below. Come down and give something a go.

ACTIVE

