

PARKINSONS AND STROKE RECOVERY WALKING FOOTBALL



LAUNCH SESSION THURSDAY 20th JAN - 1.30-3.30pm

OPEN TO ALL AGES ,ABILITY LEVELS, GENDER .
NON CONTACT, SAFE , FUN, GREAT EXERCISE



WITH ENGLAND WALKING FOOTBALL MANAGER

STUART LANGWORTHY

WFA - FUN, FITNESS, FRIENDSHIP



Join us at LIFELEISURE AVONDALE , Heathbank Rd.