



# Walking Football

**Thought your playing days were over?.....Think again!**

Do you want to:

Get fitter? - Improve your health? - Learn new skills? - Have fun? - Socialize?

**Walking football is the perfect re-introduction to playing football for people aged 50 years and over**

No age limit – no running – no sprinting – Just Walking

**FREE TASTER SESSIONS - Venues across the Borough**

**Attend a session and apply for your Free Walsall FC Match ticket and Walking Football Session at The Banks's Stadium:**

## **Walsall FC v Barnsley FC**

**Saturday 13<sup>th</sup> December 2014**

conditions apply

Interested? Telephone or text your details to:



**Martin Berry  
Health Champion  
Walsall Housing Group  
07912 999282**



**[martin.berry@whgrp.co.uk](mailto:martin.berry@whgrp.co.uk)**

