

Walking Football



No running. Just walking. A great way to stay active and socialise.

**Join us every Tuesday
10:30am - 12:00noon**

This session is led by FA trained volunteers and followed by a cuppa and chat. All abilities welcomed and catered for.

£5 per session. First session free.

Astro trainers or moulded football boots and shin pads must be worn.

For more information please contact us

0333 241 2340

email info@ageukdevon.org.uk

or visit ageuk.org.uk/devon

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 **Devon
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Let's change how we age