



FRICKLEY ATHLETIC COMMUNITY FOUNDATION WALKING FOOTBALL



INSPIRING SAFE & SOCIAL ACTIVITY

#INSPIRINGACTIVITY



**Every Wednesday
Starting 06/11/19**



£2 per session



10am - 11am



**Frickley Athletic F.C.
WF9 2EQ**



**Everyone welcome!
Any gender, age or
ability.
More the merrier**

**YOU THOUGHT YOUR
FOOTBALLING DAYS
WERE GONE?
THINK AGAIN**





Walking Football at Frickley Athletic

Frickley Athletic Community Foundation are running weekly walking football sessions. Giving people of all ages, gender and ability the chance to be active and socialise with others

Benefits for people taking part;

- Reducing the risk of cardiovascular disease and stroke
- Improving blood pressure-Reducing the risk of type 2 diabetes
- Lower cholesterol
- Improving reactions

With sessions aimed at everyone, anyone age, including those with injuries. This tactical game we all love, will ensure a safe and enjoyable return to football

For more information, please email, text or call John Stancliffe

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Mobile; 07957 424 795

