

walking rugby

adur & worthing wellbeing  Get active

Experience the game in this new form
throughout this years rugby world cup!



STARTING IN SEPTEMBER AT
SHOREHAM RUGBY CLUB

Taking part in one of our
coached taster sessions or six
week courses will be a good
way to get more active, learn
new skills, and have some fun
throughout the Autumn.

To book a place and to find out more
contact the Get-Active co-ordinator

01273 263064

Free text:
"healthgetactive"
to **60777**

£1
PER SESSION

Email: info@adur-worthingwellbeing.org.uk www.adur-worthingwellbeing.org.uk