

Walking Football Team

Measham Medical Unit

**TUESDAYS & FRIDAYS @
11.30AM
Measham Leisure Centre**

If you think your football days are over, think again! A slower paced version of the game aimed at the over 50's.

Reasons to join us:

- General fitness
- Lose weight
- Increase energy levels
- Have fun!

*For more details contact Measham Leisure
Centre on **01530 274061***

**EVERYONE
WELCOME, ALL
AGES AND
FITNESS LEVELS**

