





Introducing...

Walking Football (Dementia Friendly)

Launching Friday 24th January 2020



**Fridays
1:30pm £2
per Person**

-  Join us for a Kick Around in the Sports Hall followed by Cake and a Cuppa
-  This Session is Dementia Friendly and Open to ALL Men & Women aged 50+
-  Activities Designed to Improve Balance, Circulation and General Health
-  At Workington Leisure Centre, Griffin St, Workington CA14 2DX