



# WALKING FOOTBALL

Walk your way back to fitness

Staffordshire FA



**MONDAY'S**  
**6.30 - 7.30PM**  
**£3.00**

## LIVE LIFE, DON'T JUST EXIST.

It's sometimes easy to get stuck in a rut in retirement.

A new activity is a great way to try something new and get the most out of life.

Find something you will love today!



South Staffordshire Council

[www.sstaffs.gov.uk/leisure](http://www.sstaffs.gov.uk/leisure)

Codsall Leisure Centre

01902 844032