



## **Walking Football for Over 50's Dementia Friendly**

**Every Saturday  
11.00 – 12.00**

**Small Astro turf**

**Wirksworth Leisure Centre**

Walking Football is a slower version of the beautiful game and ideal for those who want to get more exercise, improve their fitness or meet new people.

- Flat surface
- Safe exercise
- Come and have fun
- Refreshment provided

We welcome all over 50s, with creaky knees, dodgy hips, tricky tickers and especially those of you with dementia. Just come along and enjoy.

**Caregivers and Volunteers Welcomed.  
Delivered by Chris Winson, Flourish  
Rural Derbyshire and Wirksworth Colts  
members.**

**Contact by phone or email to let us  
know you're coming.**

[www.justgiving.com/crowdfunding/walkingfootballdementiawirksworth](http://www.justgiving.com/crowdfunding/walkingfootballdementiawirksworth)

Sessions are FREE (any contributions welcomed)  
We can help with transport if needed; please contact below.

We thank all our supporters.  
Dementia Friendly Wirksworth

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