

# WALKING FOOTBALL - WEEKLY SESSIONS



A great mix of outdoor physical exercise and games followed by an indoor peer support group offering coffee, tea and cake.

Led by a qualified exercise instructor and a Level 4 cancer rehabilitation practitioner, the sessions are suitable for any adults living with, or affected by, a cancer diagnosis.

**Everyone is welcome, no previous fitness required.**

## WHERE?

Birmingham County FA HQ,  
Ray Hall Lane B43 6JF

## WHEN?

Wednesdays 11am – 1pm  
starting 5th March 2025

To find out more and sign up, contact:  
Kevin on **07813 101672** or email **[cancerkickerswf@gmail.com](mailto:cancerkickerswf@gmail.com)**

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Metropolitan Borough Council