

# Walking Football

# FREE

## Get back into the game!

Designed to help people keep an active lifestyle despite their age, as well as helping players recover from injuries.

The game is non-contact and any player who sprints or jogs whilst the ball is in play will concede a free kick!

**Every Tuesday  
11.30am to 12.30pm**

**Town Mead Football  
Pitches, Brooker Rd,  
Waltham Abbey, EN9 1JH**



To be put in contact with the group:  
Email: [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)  
Call: 01992 564222 or



**Epping Forest  
District Council**  
[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)