

# 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 –**  
**12.30pm**

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

**For more information:**  
**Email: [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)**  
**Or call 01992 564 222 or 07789372196**

 **Epping Forest  
District Council**