

Walking Football as Medicine (WFAM) – an Age & Opportunity Active Programme initiative

Date: From Wednesday, 1st October for five weeks

Time: 11:00 AM – 12:00 PM followed by tea/coffee

Venue: Inspire Fitness Centre, Cabra West, D07 P973

Family and carers' support welcome.

WFAM is a fun, non-contact version of football designed specifically for adults living with chronic conditions or impairments. It's low-impact and packed with benefits for your physical and mental wellbeing.

Why Join?

- Improve your fitness, balance and coordination.
- Boost your mental health and mood.
- Make new friends and be part of a team.
- Enjoy a safe, supportive, and inclusive environment.
- Share a cuppa and a chat after every session.
- Led by trained coaches.

Book your free spot today

Email: active@ageandopportunity.ie

Phone: 01 913 3943

Age & Opportunity Active is funded by:

Walking Football as Medicine partners:



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Parkinson's
Ireland



Irish Heart
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