

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.

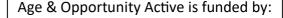
WFAM is a fun, non-contact version of football designed specifically for adults living with chronic conditions or impairments. It's low-impact and packed with benefits for your physical and mental wellbeing.

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



Walking Football as Medicine partners:











