

Walking Basketball



**COME AND GET ACTIVE WITH
WALKING BASKETBALL, A NEW
INITIATIVE COMING SOON TO
TELFORD AND WREKIN LEISURE
FOR BOTH MEN AND LADIES**



**THE MAIN DIFFERENCE IN THIS NEW VERSION OF BASKETBALL IS THAT
YOU CAN ONLY WALK SO IT IS IDEAL FOR ANYONE WHO WANTS TO GET
ACTIVE AGAIN OR FOR THOSE WHO MAY HAVE LOW RISK MEDICAL
CONDITIONS**

IT IS ALSO A GREAT WAY TO MAKE NEW FRIENDS AND HAVE FUN!

**FOR MORE INFORMATION OR TO REGISTER YOUR INTEREST CONTACT
SID FROM 'TACKLE YOUR HEALTH' 01952 382620, MOBILE
07896420362 OR EMAIL: sid.harris@telford.gov.uk**

