

# WALKING FOOTBALL 4 HEALTH VICTORIA

A Free Walking Football program suitable for all



**On the synthetic pitch**

**26 Sixth Avenue, Burwood**

**Tuesday 10.30am to 12pm**

## What is it?

All the things you love about football in a small sided game but with no running and no contact. The social walking football program creates a safe, enjoyable and inclusive environment for all to have fun.

## Who can join?

All individuals from diverse backgrounds, gender, age, culture & abilities are welcome! We encourage anyone challenged with social anxieties or low self-esteem and confidence to reach out.

## Here's why You should join...

stay active

improve your health

no experience necessary

meet new people

supportive environment

be a part of a  
friendly community

benefit from our regular group health talks

For more information email Mick at

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