



**Come and keep fit with us
this summer by joining our
walking netball group!**

Walking netball is an adapted version of netball allowing people who are either older or less mobile to improve their fitness. Being played at a walking pace reduces the risk of injuries while promoting a safe, non-threatening environment for people to play in. Available to citizens aged 50 and over.

For more information or to book your space, please email wellbeing@ageukbirmingham.org.uk or call 0121 437 0033

WALKING NETBALL

Starting date: Friday 02 May

From 11am to 12pm

Old Oscott Community Centre, 277 Old
Oscott Lane, Birdbrook Rd, Birmingham,
B44 9TY