



Walking Rugby for over 50s

**Join us every Tuesday at 11am - 12pm
Bournville Rugby Club, Sandon Road,
Edgbaston, B17 8DT**

A free, fun, friendly and social exercise. Play can be adapted for a range of mobility and skill - come and give it a try.

Stick around after the session for drinks and chat at the clubhouse.



**“I look forward to it every week.
It’s good fun, a little bit of
exercise and you get to meet
and talk to people.”**

To sign up to Age UK Birmingham’s walking rugby programme, or for more information, please call 0121 437 0033 for general info, Extension 1403 to speak to our Activities Officer, Davinder) Or email info@ageukbirmingham.org.uk

Please note: participants must be able to move unaided on level ground in order to take part.