



**Community
and Education Trust**
Registered Charity No: 1130773

Parkinson's Walking Football

**A slower paced version of the beautiful game
for those with a diagnosis of Parkinson's**

Walking Football is designed to help participants maintain a healthy and active lifestyle and to support those who have had to stop playing football get back into the game.

It doesn't matter what your ability or whether you're male or female, all are welcome to join in!

Our Parkinson's Walking Football sessions are aimed at individuals living with Parkinson's, providing a supportive and friendly environment to enjoy football at your own pace.

When

Wednesdays, from 11am to 1pm

Where

PlayFootball, Tag Lane,
Preston, PR2 3TX

Cost

Free



For further information please contact Grace Birtwell



Healthandwellbeing@pne.com

Inspiring change, improving health, enhancing lives.



@pnecommunity



PNECET