



WALKING FOOTBALL BALL-COISE COISEACHD



Walking football is a slower paced version of the beautiful game.

It enables older people to return to a sport they once loved or to try out a new activity that suits their fitness levels.

Come along to find out more and to have a go!

Lochaber High School Sports Department

Mondays 7.00pm – 8.30pm

Please call 01397 704359 for more details.

in association with



highlifehighland.com