



# Parkinson's UK Walking Football

Come and give Parkinson's walking football a try

Parkinson's UK, Bolton Neurology Long Term Conditions Team and Bolton Arena Community Sports Village are looking to set up a regular walking football session for people with Parkinson's.

For more information, please call **01204 488 106** or email **[football@boltonarena.com](mailto:football@boltonarena.com)**



Building an active healthy community

# Walking Football – Putting the ALL in football!

Be part of the UK-wide community of people with Parkinson's of all ages and abilities playing walking football.



Walking football is a modified version of football, at a slower pace, where players walk instead of running (it's non contact too). No prior experience of playing football is needed to play walking football.

Walking football can help you manage your Parkinson's symptoms, including improving your muscle strength, balance, coordination and mental health and wellbeing.



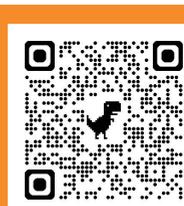
Delivered by F.A. qualified coaches and referees with support from NHS physiotherapists.



Full changing and shower facilities



Free Parking



Scan the QR code for more information

Supported by:



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197) and in Scotland (SC037554).