Walking Football as Medicine (WFAM)

An Age & Opportunity Active initiative

Age & Opportunity

Incorporating **Age & Opportunity active**, The National Sport and Physical Activity Programme for Older People

Date: Wednesdays 4th – 25th March &
Wednesdays 15th April – 6th May
Time: 11am - 12pm
Venue: Deaf Village, Cabra, D07 P973

Date: Thursdays 9th April - 14th May
Time: 2.30pm – 3.30pm
Venue: DLR Meadowbrook Leisure, D16 HK83

Family and carers support welcome

WFAM is a fun, non-contact version of football designed specifically for adults living with chronic conditions or impairments. It's low-impact and packed with benefits for your physical and mental wellbeing.

Why Join?

- Improve your fitness, balance and coordination
- Boost your mental health and mood
- Make new friends and be part of a team
- Enjoy a safe, supportive, and inclusive environment
- Share a cuppa and a chat after every session
- Led by trained coaches

Book your free spot today

Email: active@ageandopportunity.ie or Phone: 01 913 3943

Age & Opportunity Active is funded by:

HSE

SPÓRT ÉIREANN
SPORT IRELAND

Walking Football as Medicine partners:

Parkinson's Ireland

Move4Parkinson's
EDUCATE • EMPOWER • INSPIRE

Irish Heart Foundation 60 years
Here for Every Heartbeat