



Mental Health Football Programme

KEEP FIT
HAVE FUN
SOCIALISE
ALL WELCOME

Tuesdays: 1pm-2pm
(Indoor Sports Hall)

Starting: Tuesday 27th February 2018

**At Workington Leisure Centre,
CA14 2DX**

£1 per session

Perfect for men and women aged 16+ living with mental health issues interested in an informal kick about



Contact Cumberland FA 01900 872310 / Ray.Sempill@CumberlandFA.com