

LIVE LONGER BETTER – BEDFORD

LADIES WALKING FOOTBALL

SESSIONS AIMED
AT BEGINNERS
AGED 50YRS+



Venue:

**John Bunyan Sports
& Fitness Centre
Bedford
Indoor Sports Hall
MK42 9TS**

WHEN:

**Re-starts Tuesday
5th November
11am - 12pm
£3.50 per session**

Check our website for more "Live Longer Better" sessions
at other locations around Bedford

www.bedford.gov.uk/leisure-and-culture/sports-and-physical-activity/live-longer-better-bedford

For more information email

@ Alison.brightman@bedford.gov.uk
Turn Up & play - Pay on the day

All details will be stored in accordance with GDPR policy.

GLL
better for everyone



BEDFORD
BOROUGH COUNCIL



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SPORTS DEVELOPMENT UNIT
Keeping Bedford Active