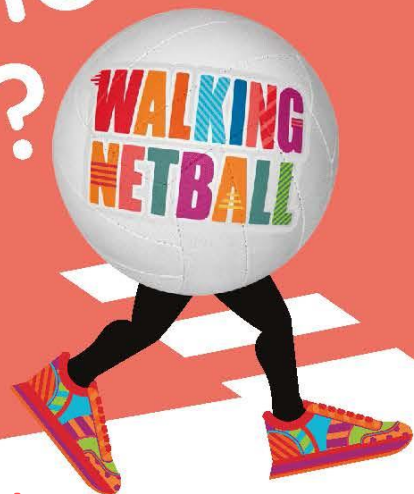




*Lynnda*

# How do I take a walk on the mild side?



## Evesham

Every Tuesday

(starting 16<sup>th</sup> January 2018)

Wallace House Community Centre  
Oat Street, Evesham  
WR11 4PJ

10-11am

£3 per session

For more information contact:  
Lindsay Hacking

[lindsay.hacking@englandnetball.co.uk](mailto:lindsay.hacking@englandnetball.co.uk)  
07545924953

Funded by Get Wychavon Active a Wychavon District Council Initiative



Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

“The warm ups are great, they are really important as you get older to get everything moving.”

“I’m 61 and I never expected to put a bib on again.”

“It gives you confidence if you know you can still do things you did when you were younger.”



Walk this way  
[englandnetball.co.uk/walking-netball](http://englandnetball.co.uk/walking-netball)