

Sport 50

In Henstridge on Wednesdays

Come and try **FREE** sports activities suitable for 50+ year olds

4 weeks of **FREE** sports & activities for 50+ year olds

September: 11th, 18th, 25th
October: 2nd

10.00am to 12.00 noon

at Henstridge Village Hall
(refreshments provided)



Have a go at:

Carpet Bowls

Walking Football

Badminton

Cardio Tennis

New Age Curling

Short Tennis

Ping!

For further details contact Charlie Coward, SSDC Healthy Lifestyles Officer:
Tel: 01935 462347 or email charlie.coward@southsomerset.gov.uk