



Lancashire  
Cricket  
FOUNDATION

# WALKING

OLD TRAFFORD SPORTS BARN, SEYMOUR PARK, CARVER ST, M16 9PQ

# CRICKET

Walking Cricket is a fun, social and welcoming format of the game, played at a slightly slower pace and is ideal for men and women aged 50 plus, it is the perfect way to remain involved with the game and meet new people whilst staying active

EVERY THURSDAY AT 11AM - 12PM



- SUITABLE FOR ALL ABILITIES**
- IMPROVE PHYSICAL FITNESS**
- SOCIAL INTERACTION**
- MEET NEW FRIENDS**
- HAVE ACTIVE FUN**
- IMPROVE MENTAL HEALTH**

For more information, contact:

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OR CALL 07917 750 924

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