



# WANDERERS FITTER FANS

60 YEARS+



## Programme overview:

- 12 week course
- 60 years +
- Moderate intensity physical activity including walking football, bowls, circuits and table tennis
- Healthy living and wellbeing workshops
- BWFC incentives

EVERY WEDNESDAY,  
1-3PM AT MACRON STADIUM,  
27TH APRIL  
TO 13TH JULY  
FREE OF CHARGE



Senior  
Solutions



FOR MORE INFORMATION OR TO BOOK YOUR  
PLACE CONTACT RICHARD SLATER:  
RSLATER@BWCT.ORG.UK OR 01204 673790  
www.bwct.org.uk @OfficialBWCT