

BECOME YOUR BEST SELF

# FOOTBALL 4 WELLBEING

JOIN US  
**Free Football Sessions**

Football is for everyone it's a great way to get fit and well, it's great for our mental health and helps us to connect and make new friends.

why not join us .

Wednesdays 6-7 pm all football abilities welcome.

16+

Daventry Town FC , Elderstubbs  
Browns Road  
Daventry  
NN11 4NS

Email:[football4wellbeing@outlook.com](mailto:football4wellbeing@outlook.com)

