



Get Active with our



Sports & Wellbeing Sessions



**Sessions for
Children and
Adults**



**Meet up with
your friends
and neighbours**



**No experience
or equipment
needed**



**FREE 1 HOUR
SESSIONS**

ALL SESSIONS ARE FREE

The Sports & Wellbeing Programme will be held at
The Pastures Centre, 15 Davies Lane E11 3DR



**TUESDAY: 12:30-1:30pm –
Pilates Adults**



**FRIDAY: 12:30-1:30pm –
Zumba Adults**



**SUNDAY: 9:15-10:15am –
Inclusive Multi Sports ages 4-14**



For more information and to let us know you are joining please email:
Feel.Good@WalthamForest.gov.uk