

MINDS OVER FOOTBALL



5-aside Football Tournament Concord Sports Centre

Friday 14 May 2010
12.00 noon – 3.00 pm

Free

- Aimed at Adults 16+ who have or are experiencing mental health problems.
- The session is in a supportive environment with positive benefits such as increasing self-esteem, meeting new friends and staying fit.
- All abilities welcome, if you are a beginner or are not physically fit the session lets you play at your own pace.
- Please arrive for 11.30 pm for registration
- Lunch will be provided along with information stands, trophies and medals.
- To register a team or an individual please contact Angela Gaughan

Activity Sheffield

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