

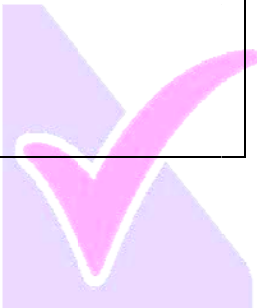
**LASS – Supporting your Lifestyle Change**  
**Signposting Permission forms for website**

Area:-	Berwickshire	Town:-	Coldstream
Activity:-	Physical Activity	Name of activity:-	Coldstream Walking Football
Venue:-	Football Club Pavilion, Coldstream	Day/Time:-	Wednesdays 7-8pm
Contact information:-	Juliana Amaral 07917277139		
Cost:-	free	Gender:-	men

**Additional Information to be included**

**Walking Football for over 50's, weekly between 7pm – 8pm. The session allows the opportunity to improve fitness levels whilst at the same time coming together to play a sport. The game has all of the same rules as normal football apart from the no running rule!! No charge. Football Club Pavilion, Coldstream**

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**All information is to be signed as approved before inclusion on the LASS website for copyright purposes**

Name of event organiser:-		Signed:-	
Organisation:-		Date:-	
Lifestyle Adviser:-		Date:-	

