



HARROGATE TOWN AFC

**COMMUNITY
FOUNDATION**



Pitch Positive

A brand new free, fun, drop-in football session for adults of all abilities who want to engage in positive activity to support their physical and mental wellbeing.

Sessions are 'a game of two halves' which include:

- 60 minutes of football activities
- 30 minutes for refreshments and lifestyle conversation

**On Tuesdays 7-8.30pm
at Rossett High School
Harrogate HG2 9JP**

**For
Adults
18+**

For more information, please contact one of the team by emailing community@harrogatetownafc.com or to sign up scan the QR code



 **mind**
in Harrogate
District

