



SMALL STEPS

TOWARDS MY GOALS.

Glyn lives with Alzheimer's, but that doesn't stop him. Participating in Walking Football sessions keeps him active and ready to tackle the day.



Watch
Glyn's
story



For little ways to move more with health conditions in **Blackburn with Darwen** visit weareundefeatable.co.uk/bwd

Proudly supporting

**WE ARE
UNDEFEATABLE**