

The logo for SFk Multisports, featuring the letters 'SFk' in a bold, yellow, sans-serif font. The 'S' and 'F' are connected, and the 'k' is slightly larger. A horizontal line is positioned below the letters.

MULTISPORTS



RESIDENTIAL SPORTS PROGRAMME

Physical activity is important for people of all ages, but it is particularly important for older adults to stay active in order to maintain their physical and mental health. Our tailor made sports sessions aim to do precisely that by focusing on the following:

REDUCE RISK OF CHRONIC DISEASE

IMPROVE COGNITIVE FUNCTION

INCREASE MOBILITY AND BALANCE

IMPROVE MENTAL HEALTH

INCREASE SOCIALISATION

We offer a no obligation taster session to all residential homes. If you are interested, please contact us via email:

info@sfkmultisports.co.uk