



# Heart Health World Cup 2026

Learn to look after your heart  
while having World Cup-  
themed fun!

12<sup>th</sup> June  
-17<sup>th</sup> July  
2026

**FREE** for men  
aged 35-65

**Limited places  
book today!**

# Heart Health World Cup 2026



**Come along to the Feelgood Factory for a summer of accessible, fun and free activities to mark the 2026 World Cup and Men's Health Week.**

**Sign up today to get your ticket. The Heart Health World Cup is for men aged 35-65.**

**Across five weeks you can take part in easy exercises, fun quizzes, wonderful walks and much more.**

**Call 0151 291 212 or drop in to the Feelgood Factory to book your place.**

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