

LOW LEVEL NORDIC WALKING

A gentle, fun, and social exercise, suitable for people of all ages and all abilities, including those with long term health conditions.

If you can walk you can Nordic Walk!

Learn to Nordic Walk

Poles provided

Led by a trained Nordic Walking Instructor

Tones the upper and lower body

And it's **FREE** to attend!!



Sessions starting in **Musselburgh on Friday 22nd Sept for 6 weeks 10am-11am**, meeting outside the Musselburgh Library.

Phone Parvine Woodger on 07718 117585 or email pwoodger@eastlothian.gov.uk to find out more and/or book your place. Limited spaces.

