

NORDIC WELLBEING WALKS

Walk your way to better health and wellbeing

Learn to Nordic Walk

Poles provided

Led by trained Walk Leaders

Tones the upper and lower body

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



Sessions start Friday 14th February for 8 weeks
10am-11am

Haddington (meet in the Café in the Aubigny Sports
Centre)

Phone Parvine on 01620 827 240 or email
pjazayeri@eastlothian.gov.uk to find out more and/or
book your place. Limited spaces.