



Crestwood/JP Seniors/Older Adult Nordic Walking Program



Calling all older adults and busy working people who want to become fitter and make new friends!

Feel better, look better and have more energy.

Work at your own pace and do what you can. No need for any special equipment or fancy new clothes. **The community league will provide the poles.**

Begin your fitness program in a 12-week program (2 x 6-week sessions)

Sign up for twice per week for a 6-week introductory program,

and continue for another 6-week session

For maximum benefit you will need to attend at least twice per week.

Tuesdays and Thursdays

2:00 pm: start February 13

(Initially training period will be 1.5 to 2 hours) We will visit

local businesses for refreshments

We will start and end at the Community League Hall

REGISTRATION DEADLINE:

Thursday, February 8, 2024

More info and to register email:

YegNordicWalking@shaw.ca

Registration fee of \$5. But refreshments will be free!