

Free



Nordic Walking

*Make new friends
learn a new skill!*

**Six-week beginners courses
start in Hereford on:**

Mondays from 9 Sept at 6pm

Thursdays from 12 Sept at 11am

*Delivered by a qualified
Nordic Walking instructor*

- 1.5 hour sessions
- Specialist poles will be provided
- Suitable for all ages and fitness levels
- Dress prepared for the weather with sturdy footwear or trainers.



Choose how you move