



FIT VILLAGES

FREE Nordic Walking Taster

A new collaboration supporting health and wellbeing for all.

MONDAY 27TH JANUARY, 11:45am

The Coddenham Centre, IP6 9SR

- All ages and abilities are welcome
- Walking Poles provided
- Refreshments provided afterwards

Book by emailing enquires@thecoddtenhamcentre.co.uk with your full name, address and phone number or by calling our Booking Administrator **Judith Challis** on **07720 206532**

For more details go to www.thecoddtenhamcentre.co.uk

