



# GET NORDIC WALKING

**Saturday 22nd and 29th October**

- Avoiding the gym? • Strengthen your whole body
- Improve flexibility and posture • Lose weight

Enjoy walking in the Suffolk countryside  
whatever your age or fitness level.

**'If you can walk, you can Nordic walk'**

Call or Email us to Book. Instruction from £30.00

Equipment provided.

Visit [www.thecoddenhamcentre.co.uk/nordicwalking/](http://www.thecoddenhamcentre.co.uk/nordicwalking/)



**THE CODDENHAM CENTRE**

A CENTRE FOR RECREATION, CELEBRATION, LEARNING, SPORT & ENJOYMENT - ACCESSIBLE TO ALL

Mary Day Close, Coddenham IP6 9SR. Tel No: 07720 206532. Web: [www.thecoddenhamcentre.co.uk](http://www.thecoddenhamcentre.co.uk) Email: [enquiries@thecoddenhamcentre.co.uk](mailto:enquiries@thecoddenhamcentre.co.uk)

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