

# Nordic (Urban) Pole Walking

⇒ Come Out to Enjoy the Nature Trails at Opeongo High School and try this full-body work-out Nordic pole Walking.



**Date:** Saturday May 27<sup>th</sup>, 2017 (outdoor walk - rain or shine)  
**Time:** 10 am – 12 (noon)  
**Location:** Opeongo High School ( 1990 Cobden Road)  
**What:** Wear comfortable, seasonal clothing & walking/hiking shoes. Bring water. **POLES PROVIDED.**



A Community Program  
Whitewater Bromley Community Health Centre  
A Part of Lanark Renfrew Health & Community Services



Every One Matters.