

**WE LOVE TO
WALK**

**WE ARE
MACMILLAN.
CANCER SUPPORT**



NORDIC WALKING TASTER SESSIONS

**COME AND JOIN US! FREE, FUN AND
SOCIABLE NORDIC WALKING SESSIONS ON
SOUTHAMPTON COMMON STARTING
JANUARY 2015.**

POLES PROVIDED

SESSIONS LED BY QUALIFIED INSTRUCTORS.

**TO FIND OUT MORE/BOOK YOUR PLACE PLEASE
CONTACT;**

MARION ROOD; 07775691993

marion.rood@uhs.nhs.uk