

EY UP ME DUCK...

DO YOU WANT TO TRY SOMETHING NEW
AND MEET NEW FRIENDS?

- ★ FREE NORDIC WALKING TASTERS
- ★ REDUCE JOINT ACHES & PAINS
- ★ TRY SOMETHING DIFFERENT
- ★ MEET NEW FRIENDS
- ★ ALL EQUIPMENT PROVIDED
- ★ STAY ACTIVE
- ★ TOTALLY FREE

IF YOU CAN WALK UNSUPPORTED THEN
NORDIC WALKING IS FOR YOU.

BOOKING IS ESSENTIAL SO WE CAN
MAKE SURE WE HAVE ENOUGH WALKING
POLES FOR EVERYONE...

STARTING 7TH JULY 2025

MONDAYS - 12:30 - 13:15 PM



17 SUMMERFIEDLS WAY SOUTH
ILKESTON, DERBYSHIRE DE7 9JJ

MONDAYS - 18:00 - 19:00 PM



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ILKESTON, DERBYSHIRE DE7 9JJ

PLEASE EMAIL OR CALL US TO BOOK A PLACE:
MOVEMORECOTMANHAY@PARKSIDEHIGH.CO.UK
THE POD - 0115 9301000 // MON - FRI // 9AM - 5PM



*"Went really well,
better than I thought,
really enjoyed it"*



*"I wasn't sure what difference
the sticks would make but they
gave me support when walking"*

GET IN TOUCH
TO BOOK:



**MOVE MORE
COTMANHAY**