



east central health

The East Central Health Camrose
Community Rehab Program Presents

Learn to Nordic/ Pole Walk Clinic

Benefits of Nordic/Pole Walking

Nordic walking is easy, fun, and low impact. It also is a very convenient way to increase the health benefits of walking for people of all ages and almost all fitness levels. The use of poles also improves balance and increases one's confidence for walking. What's more, Nordic walking burns more calories than regular walking which makes it a great choice if you are trying to become more physically fit.



- When:** November 9th, 14th, and 16th (3-day clinic)
12:00-1:00 p.m. each day
- Location:** Camrose Community Rehab Program
(Rosehaven Site) 4612-53 Street
- Who Can Benefit:** Any person, young to elderly, who might be interested in a convenient, lower impact exercise option.
- Cost:** \$10.00 fee for the 3-day clinic
- Facilitators:** Occupational & Physical Therapist
- Registration:** Registration deadline is November 5th.
Please call 679-3065 to register.

It is recommended that you consult your physician prior to starting an exercise program.