



# WALKING WITH POLES

**Every Monday/Wednesday/Friday at 9:30 am**  
**Community Health Centre, Market Mall**

Drop-in, no registration required!

Join us for group walking sessions aimed at increasing physical activity and mobility. Sessions are based on the Nordic Walking study conducted in partnership with Saskatchewan Health Authority and the University of Saskatchewan.

**Forever...in motion** is a health promotion initiative that supports older adults in being physically active through peer leader led physical activity groups.

**Want to know what a session is like?**



**Visit the Nordic Walking study website:**



Supported by  
**Forever...in motion**,  
call us at  
**306-844-4080** for  
more information.