

Melton City Council presents

Nordic Walking

Come and Try



Nordic Walking is a low impact, high benefit way to get more active, and it's ideal for people aged 50+

When: **Friday 5 October**
9.45am – 11.30am

Where: Melton Seniors Community Centre
1 McKenzie St, Melton

Register: 9747 7332

Morning tea provided

COST:

FREE

Victorian
Seniors
Festival
October
2018

