

Walking for Women of Rwanda



Join us for a drop-in Nordic walking session to support the Tubahumurize Association.

Tuesday, July 18 @ 6:00 pm
Saturday, August 12 @ 10:00 am
Tuesday, September 19 @ 6:00 pm

Cost: \$10 per session (all funds will be donated to the Green & Gold Community Garden)

Pick up your fresh produce at the garden after the walk!

Sessions will be taught by exercise physiologist and Urban Poling instructor Lisa Workman (creator of The Why I Move Project)

Poles will be available to try on the walk. If you own a set, please bring them too!

For more information, please visit www.whymove.com/events

