

# LEAP Over 50 Project

## *Healthy Footsteps for 50 Plus*

### Introduction to Nordic Wellbeing Four week course

Led by Michael Horton - Fully qualified instructor



Thursday's  
16 April, 23 April, 30 April, 7 May

11am - 12pm

£16 per person

Meet:  
Outside the Cafe  
Himley Hall and Park  
Dudley, West Midlands, DY3 4DF

Book soon - limited places