

Garden HOE

HORTICULTURAL OUTDOOR EXERCISE IS GREEN EXERCISE IN AN INSPIRING OUTDOOR ENVIRONMENT, DESIGNED TO HELP YOU KEEP FIT AND BALANCE YOUR LIFE.

THIS IS A **FREE** SIX WEEK-COURSE, AT THE PEOPLE'S COMMUNITY GARDEN, MAIDENHALL ALLOTMENTS, HALIFAX ROAD, IPSWICH IP2, STARTING THURSDAY 22 APRIL UNTIL 27 MAY, 10.30AM UNTIL 12 NOON, WITH EXPERIENCED FITNESS TUTOR **LINDSAY BENNETT**.

EXERCISE INCLUDES: GARDEN CIRCUITS, POWER WALKING, WORK-OUTS, PILATES, STRETCHING, MEDITATION AND RELAXATION.

TOPICS INCLUDE: NUTRITION AND UNDERSTANDING FOOD LABELS, POSTURAL AWARENESS, HOW TO LOSE BODY FAT AND INCREASE MUSCLE, HOME WORK-OUTS, AND STRESS MANAGEMENT.



TO BOOK YOUR PLACE ON THIS COURSE PLEASE CALL SUSANNAH ON 01473 261112/ MOBILE 07530 407302, EMAIL SUSANNAH.ROBIROSA@TOWNANDBRIDGE.ORG.UK OR WRITE TO HER AT ICVS, 1 CORNHILL, IPSWICH IP1 1DD.

HOW TO GET THERE: BUS NO 16 FROM TOWN CENTRE OR RAIL STATION (SWANSEA AVENUE STOP). BUS NO 15 ALSO RUNS CLOSE BY. THE GARDEN IS A BRISK 20-MINUTE WALK FROM THE STATION OR A 40-MIN WALK FROM THE TOWN CENTRE. THERE IS PLENTY OF SPACE TO PARK YOUR CAR OR BIKE. PLEASE CHECK OUR WEBSITE WWW.TOWNANDBRIDGE.ORG.UK/GARDEN FOR FURTHER DETAILS.

DESIGN BY ZINA KARKASINA



IPSWICH AND DISTRICT COUNCIL FOR VOLUNTARY SERVICE



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NE, DC funding is provided by the Learning and Skills Council and is managed in Suffolk by Suffolk County Council in association with the Suffolk Learning Consortium

