

## Empowered Senior Series

Second Thursday each month

Senior Series Event:

10 - 11:30 am

Nordic Walking Time:

11:30 - 12 pm

*\*must have had prior training  
and your own poles*

**This event is FREE!**

Botanica Gardens  
RSVP @ [empoweredsenior.org](http://empoweredsenior.org)

Classes taught by our Certified Nordic Walking  
Instructors.

Call or email Connie for more information at  
316.708.6318 or [connieurbanek@yahoo.com](mailto:connieurbanek@yahoo.com).

## Weekly Wednesday Classes

Starts the First Wednesday each month

Up to 4 classes/month

12 - 1 pm

\$50/month

Exploration Place

*\*west parking lot of Exploration Place, just south of The  
Keeper of the Plains*

New Members welcome!

## Private Lessons

Personal training session with poles

1 session: \$150

Nordic Walking Activator or Fitness poles  
included

Call or email for details

