



National Nordic Pole Walking Instructor Certification Clinic

Saturday October 13th, 9 a.m. – 5 p.m.

Location: TBA Halifax/Dartmouth

- Learn how to methodically teach the proper, effective Nordic Pole Walking technique developed in Europe
- Learn about the scientific and clinical studies of Nordic Pole Walking
- Chief Instructor Trainer Bill VanGorder.
- Discuss marketing and marketing support of Nordixx Pole Walking Canada and local distributors, Esther & Bill VanGorder of Nordic Pole Walking Nova Scotia, a division of MRC Associates Inc.

The course is limited to 15 candidates. Fee: \$295.00 plus HST -- **The NPW 8 Hr. Course** includes: Pre-clinic online education, Power Point Presentation, Practical Instruction & Course Package.

Includes pair of Nordixx Walker Poles, NPW Instructional CD, NPW Handouts, NPW Instructors Test, 4CEC credits through Canfitpro Canada and Nordic Pole Walking Instructor diploma

For more information contact

Bill VanGorder, Nordic Pole Walking Nova Scotia

A division of MRC Associates, Inc.

Atlantic Nordixx Nordic Pole Walking Poles Distributors

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Bill VanGorder is a Certified Nordic Pole Walking instructor Trainer, the President of Nordic Walking Nova Scotia and an experienced fitness instructor. Bill has a lengthy background in health and fitness including 28 years as a YMCA staff member, 15 years as CEO of the Lung Association of Nova Scotia and both Bill and Esther each have 10 years as a certified Nordic Pole Walking Instructors.