ALDRIDGE GARDENS

NATURE AND ART IN BALANCE

Continuing Education

Click Here For Full Calendar of Events

- **March 21st, 2–4pm - Creating Dynamic Designs with Color** *With Floral Designer, Beth White*. Cost is $25 for Aldridge Gardens Members and $30 for Non-Members. Space is limited. Registration is required. Learn More and Register Here
- **March 26th, 2–3pm - Nordic Walking Class (Free)** *with Dr. Leroy Hunt, Emeritus Associate Dean, Community Engagement, University of Alabama.* This class will show you a great way to include upper body exercise and add balance assistance while walking. When done correctly, Nordic walking uses 90% of muscles and can burn up to 40% more calories than regular walking, reduce knee and joint stress, boost oxygen consumption (which, in turn, benefits the brain), and help realign the body. Learn More and Register Here
- **April 8th, 10–11:30am - Aromi Azaleas Talk & Tour (Free)** *with Master Gardener, David Doggett.* Registration is required. Space is limited to 20 guests. Learn More and Register Here
- **April 16th, 2–3:30pm - Nordic Walking Practice Group.** Join us for a group walk, Nordic style! This is not an instructed class but will be a group activity. Walking poles will not be provided, so please bring 'em if you got 'em! This event is free. But registration is required. Space is limited. Register Here
- **April 22nd, 9-10:30am - Japanese Maple Walk & Talk (Free)** *with Master Gardener, David Doggett.* Registration is required. Learn More and Register Here
- **Spring Plant Sale, April 27th & 28th 9am—5pm and April 29th 8:30–12pm.** Members get 10% off all purchases with their membership card!