



## Activator Pole Group Training

Learn the basics of pole walking. Find out how using Activator poles can enhance your walking routine and lifestyle.

### Benefits of using poles:

- Increased balance & stability
- Improved posture
- Increased core strength
- Increased walking tolerance
- Increased independence in activities
- Increased confidence
- Decreased stress, anxiety and depression

**Day:** Mondays

**Date:** February 5-26

**Time:** 1:00 – 1:45 p.m.

**Cost:** Members \$40  
Non-members \$60

**Location:** Mind & Body Studio

Activator Poles can be purchased at the Member Services desk.

**For more information or to register**, please visit the Member Services desk or call 515-226-9622.