



Urban Poling Workshops

Outdoor small group socially distanced introductory workshops!

Urban poling is an energizing, full-body toning workout that

- uses 90% of your body's muscles
- reduces loads on the pelvic floor
- increases your core and upper body strength
- improves cardiovascular conditioning
- burns 20-46% more calories than regular walking
- reduces joint stress on hips, knees and feet
- improves range of motion of hips and shoulders
- is suitable for all ages, and most conditions including arthritis, pre and postnatal
- promotes social and emotional well-being

For more information

<https://core-connections.ca/classesevents/urban-pole-walking-workshops/>

Contact Heather at heather@core-connections.ca or 613-291-2956

Fall workshops

Dates: September 25, 2020, 10:00–11:15am

September 28, 2020, 6:00–7:15pm

Cost: \$60

*Extended health physiotherapy coverage may apply

Instructor

Heather Grewar, BScPT, MScPT, FCAMPT

Orthopedic Manual Physiotherapist & Pelvic Health Physiotherapist

Certified Urban Poling Instructor

