

SPRING IS COMING

ENJOY THE WARM WEATHER, URBAN POLING



There are over 250 [research studies](#) identifying health benefits of adding specialized poles to any walking routine. Improve balance, posture, reduce impact on painful joints and improve mood and confidence with urban poling. It is a popular choice for persons requiring help with stability and balance, as well as for older or perhaps less active adults.



The Municipality has 12 sets of poles to lend on a first come first serve basis. Sets are available to sign out at both the Veteran's Memorial Hall and at the Main Office during opening hours. Instruction sheets are available upon request.