

CROSSROADS WELLNESS PROGRAM PRESENTS:

**FRIDAY FUN FARE SESSIONS:
FRIDAY MORNINGS — 9:30 TO 10:30 A.M.**

Friday, May 31 Urban Poling

Come and learn about: the sport of Nordic Walking; how Urban Poles can help with cardiovascular fitness, posture, balance, core conditioning, blood sugar management, and joint pain; proper pole length for you; features of Urban Poles; proper technique and classes you can join; where you can purchase Urban Poles. Urban Poles are provided for this session.

Friday, June 7 Rhythm Recharge!

Shake it. Clap it. Bang it. Tap it. Join this playful exploration and expression of rhythm. Leave feeling energized and reconnected to your rhythm and your Playful Self. No musical experience required. All instruments provided.

Sessions take place at Crossroads United Church
located at 690 Sir John A. Macdonald Blvd.
Sessions are free of charge.

