



Urban Pole Walking

5:30 PM ON MONDAYS AND 11:30 AM WEDNESDAYS

Urban Pole Walking is proven to support wellbeing by improving posture, strength, endurance, and heart health. This outcome based class offers wellness coaching, goal tracking, and assessments. This class is FREE, poles are provided, and enrollment is open to all



**FOR MORE INFO OR TO ENROLL EMAIL
MARY@ABOVEANDBEYONDCANCER.ORG**

**VISIT WWW.ABOVEANDBEYONDCANCER.ORG
OR SCAN THE QR CODE**

