



Socially Distanced Pole Walking

Join us for socially distanced pole walks on the beautiful trails in Durham Region. Walks will change locations every 3-weeks to keep things interesting.

Please note participants must be screened before every class.

Poles will be sanitized before and after every walk for your safety.



Location will be determined by Facilitator.



Mondays
10:30am
Beginning April 12th
Weather permitting

Registration Required
Call Carmen at 905-723-0036 x1201 or
email: cfurtado@careachc.ca