

Free Urban Poling Classes

October is **Walking Month** in Toronto! To celebrate, we're offering free classes on the following dates.

Please email us to confirm your attendance and to be sure we bring a pair of poles for you!

High Park (meet at the Grenadier Café parking lot in High Park)

- Tuesday, October 7, 2008 – 9:30 – 10:30
- Saturday, October 11, 2008 – 9:30 – 10:30

Contact Katarina Simons at 416-606-6054 for more information and to register.

Mount Pleasant Cemetery (meet at the Bayview Ave entrance)

- Saturday, October 25, 2008 – 9:30 – 10:30
- Thursday, October 30, 2008 – 6:15 – 7:15

Contact Barb Gormley ([click here](#)) or call 416-461-4872, for more information and to register.