



Take your walk to the next level

Join Deanna and Kristine of Winnipeg *in motion* and Ken Chura of Keenfit to learn how to get more out of your every day walk. Take it to the next level by using walking poles or adding strength training to your walk.

Ken will be on hand to discuss the advantages of using walking poles and to demonstrate the proper fit and technique to walking with poles. Kristine and Deanna will walk you through a virtual walk in your neighbourhood - using simple equipment and objects along your route for a full body workout.

Admission is FREE of charge and registration is not required. For more information, please contact Winnipeg *in motion* at 940-3648.



When: Friday, May 22, 2009
12:10 pm to 12:50 pm

Where: Millennium Library
Carol Shields Auditorium

