



# Walking Poles Training Session

Wednesday, June 12, 1-2:30 p.m.

Polly Hill Arboretum, West Tisbury

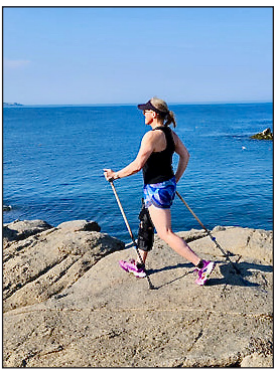
A free session for professionals, volunteers, family members, and others helping groups and individuals who are experiencing mobility limitations or balance issues.

Do you work with someone who has a disability, unsteady balance, an illness that affects the neuro-muscular system, or other mobility limitations? Are you interested in ways to help people achieve greater stability, strength, and balance?

## Learn how walking poles may help.

In this free “train the trainer” session, two experts will demonstrate best practices for helping others use walking poles to more safely navigate the outdoors. We’ll have specially designed Nordic walking poles to try, along with refreshments, maps, and suggestions for easy island walks. Two certified Nordic walking instructors will share their experience and expertise.

## Meet the trainers:



Lauren DeLong, left, is the founder and owner of York Nordic and is certified as an instructor by the American Nordic Walking Association. Lauren’s passion for Nordic Walking began when her mother had hip replacement surgery, and the surgeon recommended Nordic Walking as a way for her mother to maintain balance while strengthening her hip during recovery. York Nordic’s walking poles are sold nationally and used in classes and health studies across the U.S. Lauren teaches Nordic Walking throughout New England.

Carla Fogaren, right, is the founder of Cape Cod Nordic Walking Club, Inc., a nonprofit, volunteer-run organization with nearly 2,800 members. A former nurse and certified Nordic Walking instructor, Carla founded the club in 2022. The group works with Cape Cod’s senior centers and councils on aging, among others, and has 10 certified instructors and 28 trained walk leaders.



Questions? Email [TrailsMV@sheriffsmeadow.org](mailto:TrailsMV@sheriffsmeadow.org).

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