



# Learn about Walking Poles

Wednesday, June 12, 10-11:30 a.m.  
 Polly Hill Arboretum, West Tisbury  
 Free and open to the public

Want to spend more time outdoors but feeling a little unsteady or unsure of your balance? Have you recently had an injury or surgery and are just getting active again? Want to explore the island's walking trails and other outdoor areas safely?

## For many, walking poles can help!

Learn the best way to use walking poles for greater stability, strength, and balance at a free session with two experts. We'll have a supply of specially designed walking poles to try, along with refreshments, maps, and suggestions for easy island walks. Come to the Far Barn at the Polly Hill Arboretum at 10 a.m. on July 12. No admission fee or advance registration is needed. All skill levels are welcome.

## 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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