

Town of Vegreville

JRPM Event Walking Pole Demonstration

Get Active with Walking Poles!

In celebration of June Parks & Recreation Month

Join the Town of Vegreville and Alberta Health Services for a free Walking Pole Demonstration at Elks/Kinsmen Park on Thursday, June 6. Whether you're new to walking poles or looking to improve your technique, this is a great opportunity to explore a fun, low-impact way to stay active!

What to Expect:

Led by Cecilia Enriquez-De Guzman, PT, PgCPain, Physiotherapist II, this engaging demo is designed for people of all fitness levels — especially those looking for extra support or motivation to get moving.

Walking poles will be provided by AHS for groups up to 15, or you're welcome to bring your own!

Choose from two time slots:

- 10:30 AM – 11:30 AM
- 11:30 AM – 12:30 PM

Registration is required. Please complete the registration form, Adult Waiver, and PAR-Q+.

Let's celebrate our parks, move our bodies, and connect with our community!

Town of Vegreville JRPM Event Registration Form

Walking Pole Demo Registration Form

Location: Elks/Kinsmen Park, Vegreville

Date: Thursday, June 6, 2025

Deadline for registration: June 2, 2025

Session 1: 10:30 am –11:30 am

Session 2: 11:30 am–12:00 pm

Name:

Email:

Telephone Number:

Time Slot Preference

Please select only **one session**:

Session 1

Session 2

Walking Pole Questions

Do you have your own walking poles?

Yes No

Have you used walking poles before?

Yes No

Are there any mobility limitations we should be aware of?

Would you like to be contacted about future wellness events?

Yes No

*****Additional required forms include the waiver and PAR-Q+, registrants will not be able to participate unless all forms have been completed. Groups registrations still require individual forms for each person participating.***

Please Submit Registration, Waiver and PAR-Q+ to Molly Grant, Recreation Programmer by email to mgrant@vegreville.com or in person at the Vegreville Recreation Centre 4509 48 St, Vegreville, AB T9C 1K8