

# Professional Webinar Series

## Active Living for Primary Health Care



**Find out about an effective new tool to motivate clients to become more active, to manage their chronic conditions, for weight management and for overall wellness.**

### **Webinar includes:**

Review of researched benefits, the ACTIVATOR technique, tips on successfully integrating walking poles into your primary care health setting, and recommendations on starting up a group exercise program that incorporates health education, social interaction and results in increased participation in exercise.

*In a study on walking and exercises with the Activator poles, there was a significant change in the following tests: Timed Up and Go, Stride Length, and Single Leg Stork Stand, which are all indicators for falls risk.*

Kathryn Gwynn-Brett & John Hudec, 2017  
(ongoing study) Cape Breton University

**Guest Speakers:** Sue Colbourne, OT & Nurse Practitioner Sarah Kis-Toth from Vancouver Island Health Authority

**Date:** Thurs, April 20th, 2017

**Time:** 12:00 pm ET (45 minutes)

Register online at

<https://urbanpoling.com/active-living-for-primary-health-care/>

Or email: [info@urbanpoling.com](mailto:info@urbanpoling.com)  
or by phone 1.877.499.7999

[www.urbanpoling.com](http://www.urbanpoling.com)