

Free Pole Walking Clinics

- Demo Poles provided free for use during clinics
- Come to one clinic or two!
- **Pre-registration is required**
- Your first 2 clinics are FREE, additional clinics \$10 donation
- Clinics will be canceled if rain is expected

We sell discounted poles from 3 different manufacturers—proceeds benefit Cure Arthritis Now, a nonprofit 501(c)(3) organization.

Try before you buy—we can help you pick the best pole for you!



Friday Morning

March 19 at 10:00 AM

April 9th at 10:00 AM

April 16th at 10:00 AM

Wednesday Evening

April 28th at 6:00 PM

Location: Sierra 2 Center

4th Ave. Parking Lot

2791 24th Street

Sacramento

For more information or to sign up for a clinic: 916-208-8700 or info@curearthritisnow.org

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www.CureArthritisNow.org