



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IMPROVE STABILITY, BALANCE & CONFIDENCE

## URBAN POLE WALKING WORKSHOP

### BALANCED HEALTH SERIES

Information for your overall wellness.



**THURSDAY, JAN. 30, 2025**  
**9:00AM – 10:00AM**  
**FOND DU LAC FAMILY YMCA**



**FREE!**

Open to Y members and the community.  
Register online or by calling  
920.921.3330.

**WORKSHOP PRESENTER:**  
**Andrea Van Dyn Hoven,**  
**Licensed Physical Therapist**  
**Assistant, Care Patrol**

Discover the benefits of this low impact exercise!  
Andrea Van Dyn Hoven is experienced in fitting  
poles and leading dynamic pole walking sessions.

If you are looking to increase your cardiovascular  
activity, want to improve walking posture or  
improve stability, balance and confidence this  
workshop is for you.



**FOND DU LAC FAMILY YMCA**  
90 W 2nd Street  
Fond du Lac, WI  
fdlymca.org



**CARE Patrol™**  
Your Partner In Senior Care Solutions