

Introduction to **ACTIVATORS**

Gilbert Centre-

Mallow Community Campus

Friday 25th May-

10.00am 11.30am

 €5



ACTIVATOR poles are an adaptation of Nordic Walking poles and have been developed by Canadian therapists to promote balance and improve mobility amongst older people, in particular stroke victims, arthritis sufferers, and people with Parkinson's disease.



At this introductory workshop Participants will:

- 'get to grips' with the special ACTIVATOR technique (which differs from that used in Nordic walking);
- explore how ACTIVATOR poles can be used to
 - ✓ Improve posture and gait;
 - ✓ Enhance core and muscle strength;
 - ✓ Reduce impact on joints; and reduce falls.
- learn about ACTIVATOR Programmes now being rolled out in parts of the country.

To Book: Call Cork Sports Partnership on 021 4347096 or email churley@corksports.ie Limited places available.