

**In Partnership With NADA
We Proudly Present:
The Urban Poling STEP "UP" – Webinar Series
Engaging & Motivating Communities through our
Movement Webinar Series!**

**We are on a mission to
mobilize communities!**



Join **Team Spirit** and help us get people moving through one of the best forms of exercise proven to both prevent and control Type 2 Diabetes – Urban Poling!

**Register for our upcoming webinar & learn more about
the many benefits of our accredited programs:**

**Wed. January 27th, 10 – 11am EST, 1-2pm EST, 7-8pm EST
Monday February 1st, 10-11am EST, 1-2pm EST, 7-8pm EST**

Register at:

<https://attendee.gotowebinar.com/rt/9209336043275900161>

Or email: giselle@urbanpoling.com

**Let us partner with you and your community leaders to
build your own Team Spirit.**

Benefit from our Educational Courses and Step Up Modules:

- Type 2 Diabetes Management & Prevention
 - Mental Health
 - Pre-Post Natal
 - Youth
 - Elders



**2% of Spirit Pole sales go to the
NATIONAL ABORIGINAL DIABETES ASSOCIATION**