

# Urban Poling Walking Program

## Lacasse & Lakewood Parks



**FREE** use of poles  
while enjoying  
our parks.

**Turn a walk into a  
full body workout**



**Visit the Tecumseh Leisure Pool office  
located in Lacasse Park or  
Lakewood Café located in  
Lakewood Park**

**Call (519) 735-4756 ext. 425 for details**