

AQUATIC CENTRE



POOL CLOSED

FOR ANNUAL MAINTENANCE

September 5 to 29th



PUBLIC WORKS



Did you know?

The Transfer Station coordinates with not-for-profit groups to take the bottles located at their location for an allotted 2-month collection period.

Submit your groups request online at www.stpaul.ca

FCSS/LAKELAND FAMILY RESOURCE NETWORK

COMMUNITY AWARENESS night

St Paul

join us for an exciting evening where organizations are on hand to promote, register members and discuss their role in our community. Community Awareness Night is FREE to the public and brought to you by St Paul Regional FCSS.

WEDNESDAY SEPT 13/23 5-8 PM

ST PAUL REC CENTRE 4802 53 ST

Call 780-645-5311 for more information or to reserve your community organization table.




Come to all 4 sessions and be entered to win a set of Urban Walking Poles!

Have fun, absorb the sun and walk your way to better health while connecting with friends and your community.

BENEFITS

- WEIGHT MANAGEMENT**
burns up to 46% more calories than regular walking
- BALANCE**
improve balance and confidence for walking with four points of contact
- OFF LOADING**
takes stress off painful hip and knee joints
- CORE STRENGTHENING**
1000 ab contractions per 1000 steps
- FULL BODY WORKOUT**
uses all your body muscles
- WALKING**
you can walk more, faster and further
- POSTURE**
promotes an upright posture
- CARDIO**
25% more of a cardiovascular workout compared to walking alone

URBANPOLING

Mondays

Sept 11 - Oct 2

12:15 PM - 12:45 PM

4 sessions @ FCSS (5002-51 Ave)

FREE REGISTER
Call 780-645-5311



*See it in action
urbanpoling.com/getting-started/