



# Niagara College Retirees' Association

**Invites you to join us for pole walking with Allison Kares**

Thursday, Sept. 24, 2015 – 12:30 pm

**Movement Unlimited, Inc.**

178 Highway 20 W., Fonthill (behind Mossimo's)

Cost: \$15

**Price Includes:** Demonstration, personal instruction, use of poles

Movement Unlimited Inc. is dedicated to helping people reach their movement potential. Whether your goal is to move with less pain or to enhance your balance and your sport, their team of experts can help! If you own your own poles, bring them with you to be assured that they are right for you.

Since we have to confirm numbers in advance with Allison, we must receive your payment by **September 17**. You can pay in the following ways:

- Give your cheque (with the order form below) to Carolyn Gould at any NCRA event prior to September 17
- Fill out and mail the order form below with your cheque
- Use the PayPal link on our website to pay electronically: <http://retirees.niagaracollege.ca/>  
**Note:** there is an additional \$1.00 charge per ticket when using PayPal

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**Pole Walking Activity**  
**Deadline for receipt of payment: September 17, 2015**

Names: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

# persons @ \$15 each: \_\_\_\_\_ Amount of cheque: \_\_\_\_\_

**Please make cheque payable to "NCRA" and send it, along with this form, to:**

**Carolyn Gould  
4099 John Charles Blvd.  
Vineland, ON L0R 2C0**