

Walk with Ease



Day of Week: _____

Month: _____

Location: _____

Cost: _____

Space is limited, sign up today!

The Arthritis Foundation Walk With Ease Program

is a exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

Classes are one-hour three times per week for six weeks.