

WALK WITH EASE

Experience the Walk With Ease Program
ARTHRITIS FOUNDATION CERTIFIED.
DOCTOR RECOMMENDED

“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— Walk With Ease
participant

WALK WITH EASE WILL HELP YOU

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



CLASSES MEET VIRTUALLY FOR 6 WEEKS, 3 TIMES A WEEK MONDAYS, WEDNESDAYS & FRIDAYS

- Each session will begin with a pre-walk discussion covering a specified topic related to exercise and arthritis, followed by a 10- to 40-minute walk that includes a warm-up and a cool-down.
- Guide book provides tools to develop a personalized walking program, manage your pain, stay motivated, and exercise safely



WALK WITH EASE WILL START SEPTEMBER 21ST
THE FEE IS \$5. REGISTRATION OPEN SEPTEMBER 1ST
ONLINE #55517 OR CALL TO REGISTER - 253.931.3016