

**A
FREE
COMMUNITY
PROGRAM**

Arthritis Foundation Walk With Ease



*Live Your
Best Life...*

COMING THIS SUMMER!

About This Program

- Meets 1 hour 3 times a week for 6 weeks
- Trained peer leaders share helpful information about living with arthritis
- Workbook included (an \$11.95 value!)

Space is limited!

You must attend one of the first two sessions to secure your place in the group.

WISE
&
Healthy Aging

www.wiseandhealthyaging.org

Benefits

- Feel better
- Become more active
- Reduce pain and stiffness
- Have more energy
- Feel confident that you can manage your arthritis
- Meet new people and gain social support

**Workshop Location:
To Be
Determined**

**Contact:
Miriam Caiden, MSG, PhD
(310) 394-9871, ext. 264**

Supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, and cancer

Walk With Ease

F A C T S H E E T

About **'Walk With Ease'**

- **No-Cost** on-site workshops
- Meets 1 hour 3 times a week for 6 weeks
- Trained peer-leaders
- Gives you tools to live a healthier life
- Evidence-Based Self-Management Program from the Arthritis Foundation

Workshop Components

- About arthritis
- Managing symptoms and flare-ups
- Warm up
- Cooling down
- 10-15 minutes of walking, building up to 30 minutes
- Go at your own pace!

How Can It Help Me?

- Reduce arthritis pain and stiffness
- Feel less tired
- Increase your stamina, strength and balance
- Be more active and independent
- Feel more confident that you can control your arthritis

For more information, contact
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WISE & HEALTHY AGING

TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults