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.

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

FACT SHEET

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
Miriam Caiden, MSG, PhD
(310) 394-9871, ext. 264
mcaiden@wiseandhealthyaging.org

WISE & HEALTHY AGING

TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults