

WALK WITH EASE

a program for better living

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*

The **Arthritis Foundation Walk With Ease Program** is an 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 to You

Walk With Ease will help you:

- ▶ 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 each. Three times per week for six weeks.