



Walk with Ease

An Arthritis Foundation Program

The Arthritis Foundation *Walk With Ease* program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Shown to reduce pain and increase balance and walking pace, *Walk With Ease* provides participants with the information and tools they need to develop a safe exercise routine that fits their unique needs and goals. The group will meet three times a week for six weeks and will discuss tips for stretching; strengthening and walking safely and comfortably; health education information; and personalized walking routes.

Every Monday, Wednesday and Friday | 9 a.m.

Monday, Apr. 4 – Friday, May 13

Loffler Senior Activity Center at Chancellor's Run Regional Park

To learn more or register, call Health Connections at 301-475-6019.



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