



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, April 3 — Friday, May 12, 2017

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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