



## Walk With Ease

A walking program for people with arthritis and other ongoing health problems.

- Learn how to get started walking safely and stick with it.
- Classes meet in small groups 3 times a week for 6 weeks.
- Classes start with a health education session, followed by stretching and 10–35 minute walk.
- You can also do the activities and exercises on your own using the class materials.
- Walk With Ease can help you:
  - Decrease 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

**Look for a class near you. See the back of this flyer for locations and schedules.**

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