

# Walk With Ease?

## You can do it — we can help.



Arthritis Foundation **Certified.**  
Doctor **Recommended.**

Space is limited.  
**Sign up today!**

**WHEN:** starting June 10th (Monday), we will meet Mondays, Wednesdays and Thursdays. Mondays/Wednesdays at 9:00am and Thursdays at 8:00am.

**WHERE:** at the Senior Resource Center

(15856 E 5<sup>th</sup> Street, Hayward)

This is a 6-week workshop.

**PLEASE** call Jodi with any questions or to register:

715-634-3000

### Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

### Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

**Join us and learn  
to Walk With Ease!**

