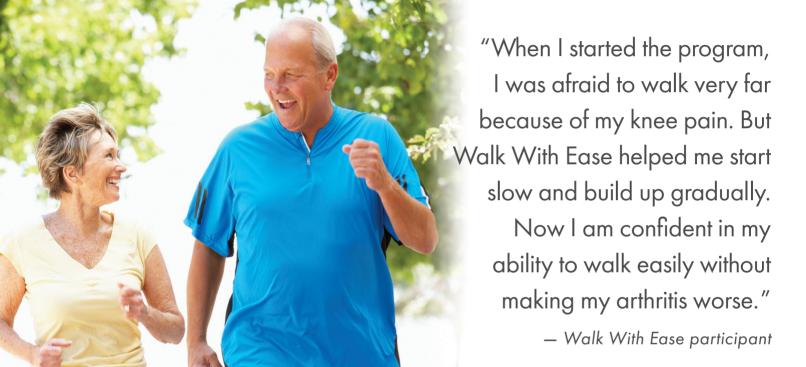
Walk with Ease Arthritis Foundation



Experience the Walk With Ease Program Arthritis Foundation Certified. Doctor Recommended



The Arthritis Foundation Walk With Ease Program is a 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.