

WALK WITH EASE

a program for better living

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



Benefits

- Feel better
- Become more active
- Reduce pain and stiffness
- Have more energy
- Feel confident that you can manage your arthritis
- Meet new people and gain social

Workshop Components

- About arthritis
- Managing symptoms and flare-ups
- Warm up
- Cooling down
- 10-15 minutes of walking, building up to 30 minutes
- Go at your own pace!

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.

About Walk With Ease

- No-Cost on-site workshops
- Meets 1 hour 3 times a week for 6 weeks
- Trained peer-leaders
- Gives you tools to live a healthier life
- Evidence-Based Self-Management Program from the Arthritis Foundation

For more information
or to sign up please contact

Jayne Haight
83083
or
385-468-3083

Government Center

February 12th - March 26th

Monday, Wednesday & Fridays

11:30 - 12:30 pm

or

Millcreek Community Center

2266 East Evergreen Ave

February 12th - March 26th

Monday, Wednesday & Fridays

1:00 - 2:00 pm

