WALK WITH EASE

The Arthritis Foundation’s program that is proven to reduce the pain of arthritis and improve your overall health

September 13th to October 18th, 2021
Noon to 1:00 pm

REGISTER AT
https://tinyurl.com/walkwithease2021

This program is being offered as a combined virtual and self-guided course. You will develop a walking plan to meet your needs to:

Stay motivated
Manage your pain
Learn to exercise safely

Your trained group exercise leader will begin each session with a pre-walk discussion covering a specified topic related to exercise and arthritis followed by a 10 to 40 minute walk that includes a warm-up and a cool-down.