



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 30-45 minutes and meet three times per week for six weeks.

"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."

- Walk With Ease participant

FREE CLASSES!

July 16-August 24 (Mon/Wed/Fri) 9:15 a.m.

WALK WITH EASE

For People Living With or At Risk of Arthritis

The Arthritis Foundation Walk With Ease Program is an 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.

DESOTO FRIENDSHIP CENTER

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For more info or to register:

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Arthritis Foundation Certified.
Doctor Recommended.

