

# WALK WITH EASE

a program for better living

**You can do it—we can help.**

## 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 is 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

*Participants receive Arthritis Foundation Walk With Ease guidebook.*



**1 in 4** adults in the U.S. are affected by arthritis.

*Participants are guided by a certified leader who provides information, support and the tools needed to help participants set and reach their goals.*

**Meet up to walk** or complete the self-directed program on your own.

**Mondays, Wednesdays, Thursdays**  
**9:30 - 10:30 a.m.**

**July 15 - August 22, 2024**  
Carson Park, Eau Claire

**Cost:** No fee. \$10 suggest contribution.

Registration required at least one week in advance by calling **715.839.4735** or online at [www.adrcevents.org](http://www.adrcevents.org).

