

# Walk With Ease?

## You can do it — we can help.



Arthritis Foundation **Certified.**  
Doctor **Recommended.**

Space is limited.  
Sign up today!

Tuesday's

September 10-October 15, 2024

1-2pm

Senior's in the Park  
504 W. Starin Rd  
Whitewater, WI 53190

Please call to register,  
1-262-741-3309

### 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's 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.

### 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

Join us and learn  
to Walk With Ease!

