

 Arthritis
Foundation® **Walk**
With Ease



The **Arthritis Foundation Walk With Ease** program is a 6 week, 3 times a week, **FREE**, walking program for **all** Individuals **60 and over**

Walk With Ease starts:

Monday, September 26, 2022 at 3:30 p.m.

Dillsboro Village Apartments

10145 Alpha Drive

Dillsboro, IN 47018

Mondays, Wednesdays, and Thursdays

For more information or to sign up please contact

Vickie Ulmer at **513-310-2090**

Free walking guidebook



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