

 Arthritis Foundation® **Walk
With Ease**



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

Walk With Ease starts:

Monday, September 26, 2022 at 1:30 p.m.

North Dearborn Village Apartments

25795 Unity Street

West Harrison, IN 47060

Mondays, Wednesdays, and Thursdays

1:30 p.m. – 2:30 p.m.

For more information or to sign up please contact

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

Free walking guidebook



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