

Walk With Ease

a program for better living



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.



The Arthritis Foundation Walk With Ease program is a 6-week, 3 days a week, 1 hour **FREE** walking program for all Individuals **60 and over**. **Class size is limited to 15 participants**

Free walking guide book and pedometer

Benefits to You

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

LOCATION: Switzerland County YMCA
1114 West Main
Vevay, IN 47043

DATES: March 23rd-May 1st, Mondays, Wednesdays, and Fridays

TIME: 2:00-3:00 p.m.

INSTRUCTOR: Amy Rathje

REGISTER: Switzerland County YMCA Registration deadline: March 19th

COST: No Cost, but donations to *LifeTime Resources* are welcome



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