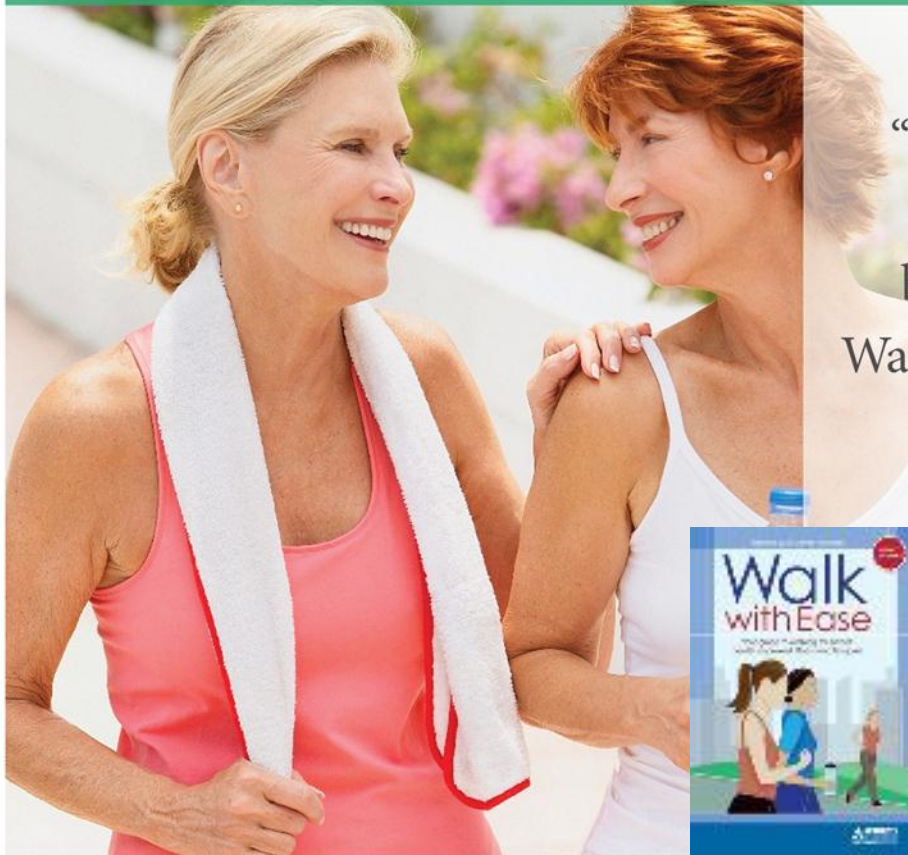


WALK WITH EASE

a program for better living

Experience the
Walk With Ease Program
Arthritis Foundation **Certified.**
Doctor **Recommended.**



“When I started the program,
I was afraid to walk very far
because of my knee pain. But
Walk With Ease helped me start
slow and build up gradually.
Now I am confident in my
ability to walk easily without
making my arthritis worse.”

— Walk With Ease participant

To Order Walk With Ease Book, Go to:

http://www.afstore.org/Products-By-Topic/Fitness-Nutrition_2/WALK-WITH-EASE

The **Arthritis Foundation Walk With Ease Program** is a 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.

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

Classes are one-hour each. Three times per week for six weeks.

Class: Arthritis Foundation Walk With Ease
Days: Tues, Wed, Thurs 7-8:00 pm
Location: Meet at Community Center Gym & Walk Outdoors (Gym Available if Needed)
Instructor: Holly Hammer
Cost: Free, Buy Book: \$11.95 plus shipping
Class Dates: July 10 to Aug. 18
Sign Up Sheet at Pool Lobby

For More Info Call the WPR Pool at 874-2444
Holly Hammer, WPR AmeriCorps Member 2012

Vicci Martin, WPR Recreation Coordinator/AmeriCorps Site Supervisor



WALK WITH EASE

a program for better living

Experience the
Walk With Ease Program
Arthritis Foundation **Certified.**
Doctor **Recommended.**



“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— Walk With Ease participant

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.

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

Classes are one-hour each. Three times per week for six weeks.