

WALK WITH EASE

a program for better living



The Arthritis Foundation's 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

- **Get motivated and out of your chair!**
- **Walk safely and comfortably!**
- **Improve your flexibility, strength and stamina!**
- **Reduce pain and prevent falls!**
- **Feel great and make new friends!**

This Walk with Ease Class consists of twelve one-hour classes, led by certified instructors. Classes meet twice each week. The fee for the series is \$12.00 which covers the cost of the book. This fee is payable at the first class session.

Class information:

Monday & Wednesday, 10:00 – 11:00 a.m.

Start Date: Monday 4 June 2018

Jim Norton/Kitty Peterson, Instructors

Louisville Town Center

Louisville Road

More Information/enroll? Call Jim Norton at (865) 233-3442