

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!

Walk With Ease consists of twelve one-hour classes, led by certified instructors. Classes meet twice each week and the fee for the series is \$12.00, payable at the first class. Ten scholarships are available for the first ten people to register.

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

Start Date: June 4, 2018

Louisville Town Center, 3623 Louisville Road, Louisville
Jim Norton/Kitty Peterson, Instructors



Call (865) 233-3442 for more information or to enroll.

