

# Walk With Ease



## 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

**April 11 - May 20**

**Monday, Wednesday, and Friday @ 10:45 am**

Senior Center @ Elmdale Park

**Cost: No fee**

Offered by Reno County Health Dept. through  
KDHE Chronic Disease Risk Reduction Grant.  
Textbook is provided.



**Space is limited, sign up today!**  
**Call Elmdale Senior Center**  
**620-663-2811**