

You're invited
**TO JOIN US IN THE
WALK WITH EASE
PROGRAM**



The Arthritis Foundation's Walk with Ease Program is a community based physical activity and self-management education program. While walking is the central activity, Walk with Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies.

Join us each class as we spend time each session stretching, warming up, walking, cooling down and take part in a health education topic.



**Arthritis
Foundation®**
**Walk with Ease
Program**

**Village of Wellington
Community Center
12150 Forest Hill Blvd,
Wellington, FL 33414**

**Tuesdays & Thursdays
Jan. 9th - Feb. 29th, 2024
From 9:00am-10:00am**

**To register call
561-753-2484**

- Reduces the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

