

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**

**Royal Palm Beach
Recreation Center
100 Sweet Bay Lane
Royal Palm Beach, FL**

**Mondays & Wednesdays
Oct. 2 - Nov. 22, 2023**

From 11:00am- 12:00pm

**To register call
561-790-5124 or go to
www.royalpalmbeach.com**

- 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

