

*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**

**Marina At The Bluffs  
By The Pool  
1550 Marina Isle Way,  
Jupiter, FL 33477**

**Wednesdays & Fridays  
January 14–February 20th,  
2025**

**From 9:00am– 10:00am  
Register with: Maureen  
772-521-4813**

- 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

