

You're invited
**INDOOR DURING
THE HOTTER
WEATHER**



Arthritis Foundation®

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.

**Kelsey Park
Indoor Pavilion
701 Lake Shore Drive
Lake Park, FL 33403**

**Tues. & Thurs.
Nov.. 3rd - Dec. 17th, 2026
From 10:00am-11:00am**

**To register call 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

