

Walk with Ease



September 19 – October 28, 2022
1:30 pm

This **FREE** program will be offered
Monday, Wednesday and Friday
for 6 weeks

- Live mini-lectures with educational information via Zoom.
- Participants will warm up and stretch online with the group and then walk on their own.
- Opportunity to attend in person on Mondays and Wednesdays for the lecturettes and walking portion.

Contact Matt to register
mchandler@kumc.edu

"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."

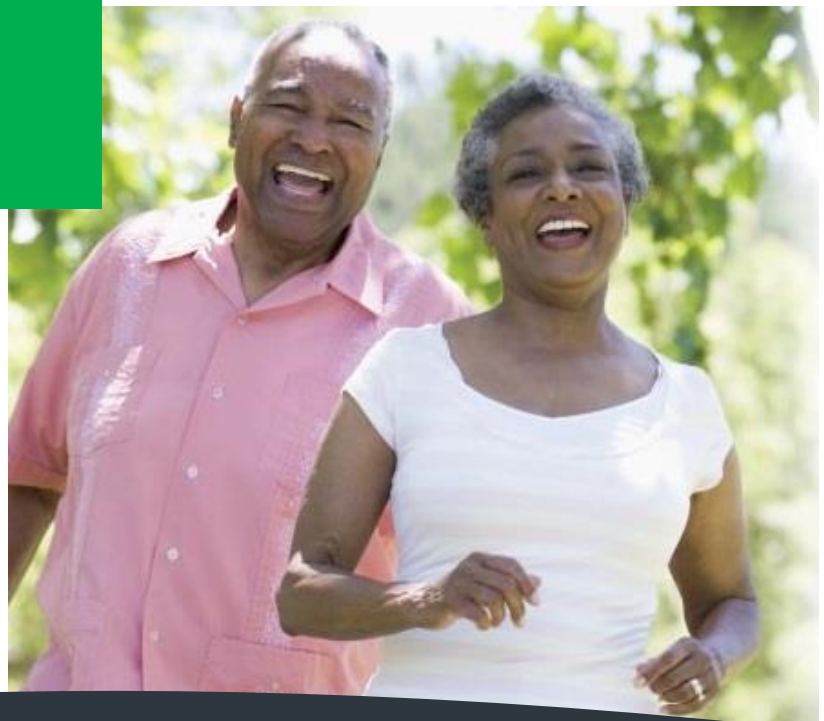
-Walk with Ease participant

The **Arthritis Foundation Walk with Ease Program** is a **FREE** exercise program that can reduce pain and improve overall health.

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



Arthritis Foundation Certified.
Doctor Recommended.

