The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

**Benefits to You**

**Walk With Ease will help you:**
- Motivate yourself to get in shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

**6-Week Program**

**SEPT. 15 - OCT. 20**

Thursdays, 10:00 - 11:30 am
K-State Research & Extension
115 S. 6th Street, Mound City

- Weekly educational classes are one hour, followed by a short walk
- Each participant receives a Walk With Ease guidebook

**Arthritis Foundation Certified**

**Space is Limited**

**Call 913-795-2829 to Sign Up Today!**

**Registration Deadline: September 9, 2022**

For questions about this program, contact Franny Eastwood.

This program is funded through a grant received from the East Central Kansas Area Agency on Aging. K-State Research & Extension is an equal opportunity employer and provider.