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**

**MARCH 30 - MAY 11**

Wednesdays, 10:00 - 11:30 am
K-State Research & Extension
913 N. Pearl St, Suite #1, Paola

- 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 913-294-4306 to Sign Up Today!

**Registration Deadline: March 20, 2022**

For questions about this program, contact Kathy Goul.

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.