

# Walk With Ease

You can do it—we can help.

## Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it is also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

## Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Arthritis Foundation **Certified**  
Doctor Recommended



**1 in 4**  
adults in the U.S.  
are affected by  
arthritis.

*Participants are guided  
by a certified leader who  
provides information,  
support and the tools  
needed to help participants  
set and reach their goals.*

Space is limited. Sign up today!

**Tuesdays, Wednesdays, Thursdays**

**10:00 - 11:00 a.m.**

**February 4 - March 12, 2020**

Oakwood Hills Retirement Community  
4316 Oakwood Hills Pkwy, Eau Claire

**Cost:** No fee

Register at least one week in advance by  
calling 715.839.4735, 1.888.338.4636  
or online at [www.adrcevents.org](http://www.adrcevents.org).

