

WALK WITH EASE

IMPROVE YOUR OVERALL HEALTH

When you attend sessions **three times a week for 6 weeks**, you will learn about:

- Reducing the pain and discomfort of arthritis
- Increasing balance, strength, and walking pace
- Building confidence in your ability to be physically active
- Improving overall health



This class is for you if you want to:

- Develop a walking plan that will meet your needs
- Stay motivated
- Manage your pain
- Learn to exercise safely



Join us for this small-group class, in your community, with your neighbors.

This class begins each session with a pre-walk discussion covering a specific topic related to exercise and arthritis, followed by a 10-40 minute walk that includes a warm-up and a cool-down.



**THIS PROGRAM WAS DEVELOPED BY
THE THURSTON ARTHRITIS RESEARCH
CENTER AND THE INSTITUTE ON
AGING OF THE UNIVERSITY OF NORTH
CAROLINA.**

This project is funded in part by through the Older American's Act through the Central MN Council on Aging.

