

Walk WITH Ease

Walk With Ease 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.

**SIGN-UP
is Required
Call Today!**

(805) 477-7343



Arthritis Foundation
Walk With Ease Program™



Benefits of Program:

- Reduced Pain
- Improved Flexibility
- Increased Energy
- Walk Safely

This 6-week program developed by the Arthritis Foundation helps participants create a customized walking plan to stay motivated, manage pain and exercise safely to stay strong, boost energy and control weight. Participants walk together 3 times a week, starting slow and building up to walking for a total of 45 minutes. All participants will receive a workbook, pedometer...and more.

UPCOMING CLASSES:

Jan. 9 – Feb. 16, 2018

Tuesday, Thursday, & Friday

2:30 pm - 4:00 pm

LOCATION:

Simi Valley Senior Center

3900 Avenida Simi, Simi Valley

Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition