Get Fit. Get Healthy. Get Walking.

Walk With Ease

a program for better living®

Want to take control of your health?

Sign up for the Walk With Ease Program

If you have an interest in improving your overall health, this is the program for YOU!

The Program Offers:

- Stretching and strengthening exercises
- Tips for walking safely and comfortably
- Health education information
- Personalized walking routines

Proven to Help People:

- Build confidence to be physically active
- Improve flexibility, strength and stamina
- Reduce pain

Walking can help you gain all the benefits of exercise, from weight loss to stress control.

Best of all, it's FREE to participate!

When: Wednesday and Fridays 9am-10am

May 29-July 3rd

Where: Active Aging Wellness Center 200 N, 4th Street (lion's club)

Platte City, MO 64079

To Register or more information:

By phone: 254-206-17347

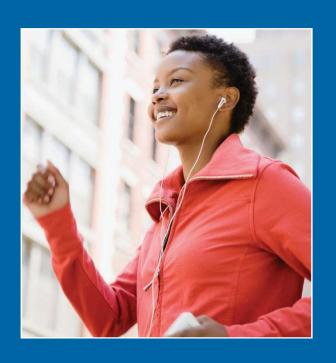
By email: avyogaandwellness@gmail.com



Fun & Easy 6-Week Walking Program

Includes:

- Certified Walking Leader
- Free Walking Guidebook



\$10 Gift Card for those who complete the program!!!!! Plus other incentives.

