

Get Fit. Get Healthy. Get Walking.

# Walk With Ease<sup>SM</sup>

a program for better living<sup>®</sup>

## 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, 4<sup>th</sup> Street (lion's club)  
Platte City, MO 64079

**To Register or more information:**

By phone: 254-206-17347

By email: [avyogaandwellness@gmail.com](mailto: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.



[www.arthritis.org](http://www.arthritis.org)