

# "Walk With Ease"

a program for better living,  
developed by the Arthritis  
Foundation



Join "Walk With Ease"--a 6-week self-directed program designed to increase physical activity and reduce joint pain and stiffness.

*As a participant, you walk on your own, with the support of information and techniques shared in a guidebook and weekly emails.*

## DETAILS:

"Walk With Ease" kicks off Mon Oct. 22 and continues through Fri Nov. 30.

**There is no fee, but registration required by Oct. 17, 2018.**

Walking is on-your-own, but there will be optional walking days on Wednesdays at noon on the Sherrill Arena Concourse.

Sign up with a friend or family member!

Participants may be eligible for up to 2 free health coaching sessions.

You will learn ways to develop a walking plan, stay motivated, manage pain, and exercise safely.

Participants receive a "Walk With Ease" book, pedometer, and weekly info emails



**Questions? Interested in registering?  
Contact us at 828-258-7712 or email us at  
[healthyagingncinfo@gmail.com](mailto:healthyagingncinfo@gmail.com)**