

Anne Arundel County Department of Aging and Disabilities



Walk With Ease

a program for better living



Walk With Ease is a **FREE** 6-WEEK self-management, community-based physical activity and arthritis education program.

While walking is the central activity, this program also includes:

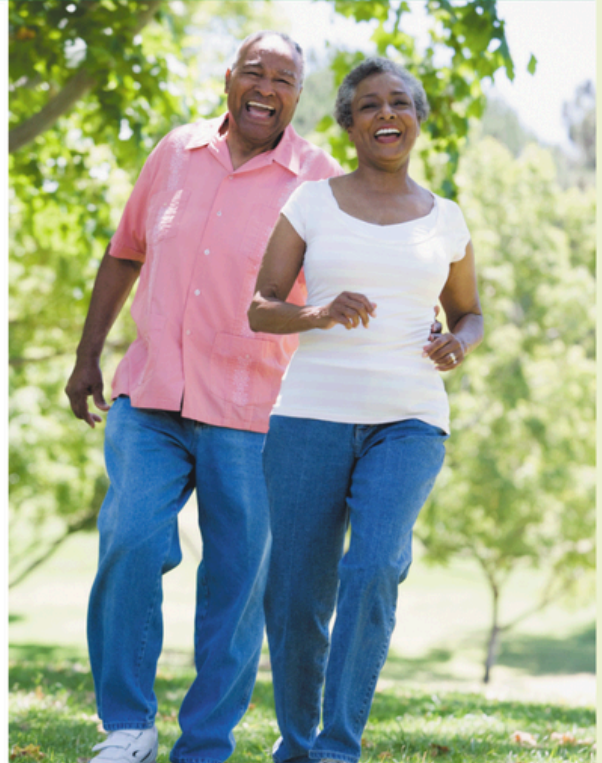
- arthritis education
- stretching
- strengthening exercises, and
- motivational strategies

Join an enhanced Walk With Ease Group:

- Meet your group in person once a week
- Participate in a self-guided session twice a week
- Motivate yourself to get in great shape
- Walk safely and comfortably

*** All participants must be able to stand on their feet without pain for at least 10 minutes.***

Register by contacting the Annapolis Senior Activity Center at 410-222-1818 or sign up at the center.



**Annapolis Senior Activity
Center
119 S. Villa Avenue
Annapolis, MD**

Wednesdays

**DATES:
May 7th - June 11th**

**TIME:
9:00am to 10:00am**

Anyone needing accommodations must contact Jennifer Jackson at 410-222-4383 or agjack88@aacounty.org at least 7 days in advance of the event. TTY users, please call via MD Relay 7-1-1. All materials are available in alternate formats upon request.