

WALK WITH EASE

a program for better living®

Experience the
Walk With Ease Program
Arthritis Foundation Certified.
Doctor Recommended.



“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— Walk With Ease participant

The **Arthritis Foundation Walk With Ease Program** 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.

Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

Classes are one-hour each. Three times per week for six weeks.

Space is Limited. Sign up today.
Call 800-283-7800 or visit www.arthritis.org

TOSH Arthritis Program
Monday, Tuesday, Thursday
Beginning September 16, 2013
10:00am - 11:00 am
TOSH Medical Tower
Ground Floor - Fitness Center
Cost: Free for a 6 week Class
To Register: 801-314-2992

