

Walk With Ease



Arthritis
Foundation®

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



Walk with Ease Program
Meet Weekly with Group & Self-Direct Walk

Tuesdays, March 19th-April 9th
12:00 pm-1:00 pm

Presbyterian Santa Fe Medical Center
Farmers Market Teaching Kitchen
4801 Beckner Rd, Santa Fe NM 87507

Class size is limited. Schedule is subject to change depending on minimum participant enrollment.

To register call 505-471-4711 or <https://www.prescommhealthclasses.com/book-online>



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