

WALK WITH EASE



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 a FREE exercise program for ages 60 and up 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

6 week program starting October 20th

Tuesdays, Thursdays, and Fridays

Free program for ages 60 and up

12:00pm - 1:00pm

Lewisburg YMCA

120 Hardwood Dr

Lewisburg, PA 17837

Space is Limited, sign up today!

Questions?

Contact Olivia Helm at

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