Walk With Ease 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.

This 6-week program developed by the Arthritis Foundation helps participants create a customized walking plan to stay motivated, manage pain and exercise safely to stay strong, boost energy and control weight. Participants walk together 3 times a week, starting slow and building up to walking for a total of 45 minutes. All participants will receive a workbook, pedometer…and more.

Benefits of Program:
- Reduced Pain
- Improved Flexibility
- Increased Energy
- Walk Safely

Pre-Registration is Required
Call Today!
(805) 477-7300

UPCOMING CLASS:
August 15 - September 19
Monday • Wednesday • Friday
10:00 am – 11:30 am
or 2:30 pm – 4:00 pm

LOCATION:
Ventura County Area Agency on Aging
646 County Square Drive, Suite 100
Ventura, CA 93003
Class meets in VCAAAs Garden View Room

Go at your own pace!