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.

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

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

UPCOMING CLASSES:
Feb. 13 – April 3, 2017
Monday • Wednesday • Thursday
10 a.m. – 11:30 am

LOCATION:
Fillmore Active Adult Center
533 Santa Clara Street, Fillmore

Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition