

Walk WITH Ease

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



Arthritis Foundation
Walk With Ease Program™

VENTURA COUNTY
Vaaa
AREA AGENCY ON AGING



Go at your own pace!

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 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 VCAAA's Garden View Room

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