

WALK WITH EASE

a program for better living

At the Shelbyville Recreation Center

The Arthritis Foundation's program that is proven to reduce the pain of arthritis and improve your overall health.

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Begins on January 18, 2023
Mondays, Wednesdays, & Fridays at 4:30pm

| Class Dates | | |
|----------------------|-----------------------|-----------------------|
| W - January 18, 2023 | W - February 1, 2023 | W - February 15, 2023 |
| F - January 20, 2023 | F - February 3, 2023 | F - February 17, 2023 |
| M - January 23, 2023 | M - February 6, 2023 | M - February 20, 2023 |
| W - January 25, 2023 | W - February 8, 2023 | W - February 22, 2023 |
| F - January 27, 2023 | F - February 10, 2023 | F - February 24, 2023 |
| M - January 30, 2023 | M - February 13, 2023 | M - February 27, 2023 |

This class will meet 3 times per week for 6 weeks. Each class will consist of the following sessions:

1. Welcome & Introduction
2. Discussion Topics
3. Walking Warm Up
4. Warm-up Stretched
5. Walk
6. Walking Cool Down
7. Cool Down Stretches
8. Closing



The class meets for 1 hours each time, and as the class progresses, discussion time will shorten as walking time increases.

Cost: FREE

Funded by a Grant through NRPA (National Recreation and Parks Association) and the CDC (Center for Disease Control).

Limited to 8 Individuals! Minimum 4 Participants. Pre-Registration is Required!