

What is the Walk With Ease Program?

- ▶ 6-week structured program for adults with arthritis that includes walking at least 3x/week
- ▶ Offers you a choice of doing the program on your own in a self-guided format or participating in an instructor-led, group class
- ▶ Everyone receives the *Walk With Ease* Workbook
- ▶ You learn about proper stretching and strengthening exercises, motivational strategies, health education for symptom management, as well as how to build stamina and walking pace.

Chenango County Area Agency on Aging

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