

# Walk with Ease



## Experience the Walk With Ease Program Arthritis Foundation Certified. Doctor Recommended



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."

— Walk With Ease participant

The **Arthritis Foundation Walk With Ease Program** 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.

### Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

**Sign Up Today at the Front Desk**

### Golden Age Center

Provided through Erie County Senior Services

**Mondays, Wednesdays and Thursdays**

(No class on Monday, May 26th & Thursday, June 19th due to holidays)

@ 12:45pm for six weeks, about 1 hour long sessions

**Starting May 19, 2025**

May 19,21,22 --- 28,29,30  
June 2,4,5--- 9,11,12 ---16,18,20 ---23,25,26  
(Makeup classes on Friday, May 30th & Friday, June 20th)

It is important to be in attendance for as many classes as possible

Any questions call Michelle @ (716) 858-4951 or email [michelle.werneiwski@erie.gov](mailto:michelle.werneiwski@erie.gov)

This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP aids low income individuals and families in buying nutritious food for a better, healthier diet.

For more information call 1-800-352-8401

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