

Walk with Ease



**Experience the Walk With Ease Program
Arthritis Foundation Certified.**

**Springfield College Department of Physical Therapy Community Mobility
Clinic presents the Walk with Ease program!**

The Walk with Ease Program is created by the Arthritis Foundation. Walk with Ease is a walking program guided by a team of health coaches will help you achieve your walking goals over a span of six weeks!

Start: February 2024 - Heart Health Month

Benefits

Walk With Ease will help you:

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

**SIGN UP FOR THIS
FREE 6 WEEK VIRTUAL
WALKING PROGRAM
TODAY AT:**

<https://springfield.edu/walk-with-ease/participate>



“I found out just how easy it is to start a walking program and keep it going. Walk with Ease makes it easy to do a little every day. The tips were great, I liked it so much I want to do it a second time”
- Walk With Ease participant

Call Springfield College PT @ 413-748-3478 if you have any questions!