

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



“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*

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

**JOIN US FOR THIS EXCITING 6 WEEK PROGRAM**

Springfield College  
Department of Physical Therapy Presents.....  
Walk with Ease

Begins: February 2024.  
Meet online weekly for 6 weeks with your own  
team of health coaches at a time convenient for you

Questions: Call (413) 748-3478  
or use the link below to join!

**Take the first step towards improving your health today**

**The program is FREE, sign up today at:**

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