



**April 9 – May 17  
2018**

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**Monday,  
Tuesday and  
Thursday at  
2:00 pm - 3:00 pm**

**Meet at Lakeside  
Family Fitness**

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**6 Week Session**

**Sign Up Today!**

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# WALK WITH EASE

## **How the Walk with Ease program is designed:**

The Walk With Ease program is designed to help you become a knowledgeable, confident arthritis self-manager that is, a person who can take action to ease arthritis symptoms and maintain your overall fitness and quality of life. Walk with ease was written specifically for people with arthritis, but it can be a practical and useful resource for anyone whether you have arthritis or not!!

This is a Free Class for clients to take part in thanks to a generous grant from Senior Resources.

[www.LakesideRehab.com](http://www.LakesideRehab.com)



**LAKESIDE  
REHABILITATION  
FAMILY FITNESS**

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Hart, MI 49420

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