



# WALK WITH EASE

The Walk With Ease program will help you implement your personal walking plan with realistic goals and get tips, strategies and resources for maintaining a long-term exercise routine. 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!!

**Participation benefits:** reduced pain from arthritis or related medical condition, increased balance, strength and walking pace, overall health improvement

**Program Instructor: Arthritis Foundation Certified Leader Ann Sayles.**



**5 weeks program,  
twice a week at  
Family Fitness**

**A great way to  
START exercising**

**Senior friendly**

**Dates:  
May 23 - June 22,  
2017**

**Tuesday/Thursday  
mornings at  
7:30am to 8:30am**

**Cost is \$48 for  
5 week session.**

**Sign-up today!**

**LAKESIDE  
REHABILITATION  
FAMILY FITNESS**

39 S State Street  
Hart, MI 49420

231-873-3566

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