Walk With Ease | Arthritis Foundation℠

Register for a free 6-week program to increase your activity level!

ARTHRITIS FOUNDATION CERTIFIED. DOCTOR RECOMMENDED.

The **Arthritis Foundation Walk with Ease Program** is a walking 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. The program includes walking, stretching exercises, health information, and motivation!

Walk with Ease will help you:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health



Participants will commit to:

- Walk on their own, 3 times per week for 6 weeks and check in with the leader. Optional weekly group walks offered.
- Receive a Participant Guidebook that will walk you through the program.

TWO ways to participate:

1. **Self-Directed:** Allows you to follow the 6-week program on your own. Start and end the program on dates that work for you. No weekly check ins are required. Register when you are ready to start the program. Tri-County Office on Aging will follow up with you after 6 weeks. Available anytime.

2. **Self-Directed Enhanced:** Complete the 6-week program during the dates listed below. Weekly check ins with the leader are required. You will primarily walk on your own, however, optional weekly group walks are offered to provide more socialization, education, and motivation.

Optional Group Walks:
Meridian Mall
1982 W. Grand River Ave. - Okemos
Meet in the Food Court
Thursdays, January 14 - February 18, 2027
10:30 - 11:30 am

Free to participate and attend. Must be 60 years old or older.

To register, call Prime Time at 517-337-1113 or call Tri-County Office on Aging at 517-887-1465 or email histedc@tcoa.org

For a full workshop schedule visit https://www.tcoa.org/classesevidence-based-programs/

Workshops made available in whole or part with funding from the Federal Older Americans Act and MDHHS/Bureau of Aging, Community Living, and Supports through the TCOA.