



Let's Walk  
MINNESOTA

Walk toward  
better health.

## Reduce pain, improve your health and be more active

Join **Walk with Ease**, the Arthritis Foundation's doctor recommended program that is proven to reduce pain while improving your overall health. The six-week program provides motivation and tips to safely make walking a part of your everyday life. If you can be on your feet for 10 minutes, this program is for you—even if you use a walker, cane or other aid.

**Walk with Ease** can help you:

- Reduce joint pain
- Feel great while getting in shape
- Learn how to walk safely, comfortably, and at your own pace
- Increase balance, strength, and stamina
- Learn stretching and strengthening exercises

### Program Details:

Dates:

Time:

Location:

Cost:

Url: