

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



“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— 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



#### Walk with Ease Program

**6 Weeks - Self Directed - No Cost**

[sarcoa.org/walk-with-ease-program/](http://sarcoa.org/walk-with-ease-program/)

Call SARCOA (334)793-6843 for more information.

Sign Up Today!

**Space is limited, sign up today!**  
call 334-793-6843 or email [katie.ard@sarcoa.org](mailto:katie.ard@sarcoa.org)