



# WALK WITH EASE

## CLASS INFORMATION:

- Earn 100 WellSteps Points!
- **Hybrid Format:** One weekly in-person session and two self-paced online classes.
- Boost your flexibility, strength, and stamina — while **reducing pain** and **feeling great!**



The **Arthritis Foundation's** Walk With Ease is a simple, effective program to reduce pain and boost health. If you can stand for 10 minutes without added pain, you can join!



SCAN QR CODE FOR  
MORE INFO:



MORE INFO:

801-456-7890