



Arthritis Foundation
Walk With Ease ProgramSM



Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation *Walk with Ease Program* can help. The program will teach you how to safely make physical activity part of your everyday life. Unlike many other walking programs, Walk with Ease offers support, information and tools to help you keep walking a regular part of your life. By going to classes, you'll learn how to handle any challenges to your exercise plan and will also get the support and tools you need to help set and reach your goals. Class meets 2 times per week for approximately 1 hour. Pre-registration is required. New participants are taken until the 2nd week. *Scholarships are available to those in financial need.

Location	Dates/Time	
Nekoosa- Community Center Cost: \$10 for 6-week session Instructors: Jackie Urbans, Ciara Schultz, & Alecia Pluess	January 24 th -March 1 st T & Th 9:00-10:00 AM	Call Ciara at the ADRC-CW to reserve your spot. Pre-registration is required. 715-424-8468
Wausau – Wausau Center Mall, Meet in Food Court Area Cost: \$10 for 6-week session	January 23 rd -March 2 nd M, W & F 8:30-9:30 AM	Call the ADRC-CW to reserve your spot! Pre-registration is required. 715-261-6070.

Call for more information! 1-888-486-9545

Class schedule may change. Please call prior to joining a class!

Cancellation Policy: If local schools are closed due to inclement weather, classes will automatically be cancelled.