



WALK WITH EASE

Exercise Fitness Program

Walk With Ease is a FREE fitness program shown to reduce pain and improve your health. Brought to you by experts you trust at the Arthritis Foundation, Walk With Ease provides techniques to build and maintain a successful walking program into your daily lifestyle.



Palm Beach County
Board of County
Commissioners



**Tuesdays
&
Thursdays**

11:30am -12:00pm

**Walking for Better
Health**

**Improved Fitness
and Less Pain**

**Space is limited,
sign up today!**

CONTACT INFO:

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Email: gblake@pbcgov.org

DATES:

November 28, 2023 –
January 9, 2024

LOCATION:

Glades Pioneer Park
866 SR 715
Belle Glade, FL 33430