

# Walk with Ease



**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 a 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

### Dates & Times:

November 28, 2023

Through

January 9, 2024

Tuesdays & Thursdays

11:30am - 12:00pm

### Location:

Glades Community Center

866 S.R. 715, Belle Glade, FL 33430

### Cost:

FREE

*In partnership with:*



Palm Beach County  
Board of County  
Commissioners

PALM BEACH COUNTY



**PARKS & RECREATION**

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

**Please contact Gary Blake at:**

**Phone: 561.993.3892**

**Email: [gblake@pbcgov.org](mailto:gblake@pbcgov.org)**

**to reserve your seat today!**