

# NEED A LITTLE MOTIVATION TO START AN EXERCISE PROGRAM?

## WHY NOT TRY WALKING?



## WALK WITH EASE

The Arthritis Foundation's Walk with Ease Program provides the structure and support you need to get started, stay motivated and feel better. Classes meet three times a week for six weeks and are conducted by a trained leader. In addition to walking, the hour-long classes include a brief health education lesson, warm up, cool down and stretches. The program can be adapted to accommodate a wide range of fitness levels.

**MONDAYS, WEDNESDAYS AND FRIDAYS**

**1 – 2:15 p.m./ Feb. 18 – March 29, 2019**

**Louisville Senior Center, 900 W. Via Appia Way**

Cost: No Charge for Boulder County Residents 60 And Over

To Register: 303-441-3599 or [mpruitt@bouldercounty.org](mailto:mpruitt@bouldercounty.org)



Programs & Services for Healthy Aging

**303-441-3599**

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Reasonable accommodations will be provided upon request for persons with disabilities. Please contact Julia Yager, ADA Coordinator or the Human Resources Division, at 303-441-3525 at least 48 hours prior to the scheduled event.