



# WALK WITH EASE

Join us for a NEW walking program developed by the Arthritis Foundation. Ideal for anyone looking for a way to be more physically active with less pain. Each class includes education, stretching and walking. Offered FREE of charge to adults 60+. Call for class schedule and to register today!



Weld County Area Agency on Aging  
• Weld Aging Well •

WALK WITH EASE  
a program for better living



THIS PROGRAM IS PROVEN TO:



REDUCE PAIN AND DISCOMFORT



INCREASE BALANCE, STRENGTH, AND WALKING PACE



BUILD CONFIDENCE IN YOUR ABILITY TO BE PHYSICALLY ACTIVE



IMPROVE OVERALL HEALTH!

FOR CLASS SCHEDULE OR TO REGISTER CALL:

Whitney  
(970)400-6117

Donations accepted.