

Arthritis Foundation Walk with Ease Exercise Class



FREE TO THE PUBLIC

In this six-week class you will:

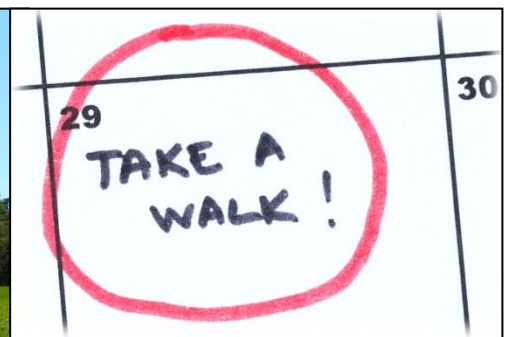
- **Understand arthritis and the relationship between arthritis, exercise and pain**
- **Learn how to exercise safely and comfortably**
- **Make a doable personal walking plan with goals**
- **Learn ways to make walking fun**
- **Identify strategies for overcoming barriers to maintaining a walking program**

Location: Hesperia Leisure League, 9122 Third Avenue, Hesperia, CA 92345

Dates: May 21 – June 28, Mondays, Wednesdays and Thursdays

Time: 2:30 p.m. – 3:30 p.m.

**FREE Walk with Ease guidebook and pedometer!
Come join us!**



This program is sponsored by the San Bernardino County Department of Aging and Adult Services and the Department of Public Health