

# Arthritis Foundation Walk with Ease Exercise Class



## **FREE TO THE PUBLIC**

### **In this six-week class you will:**

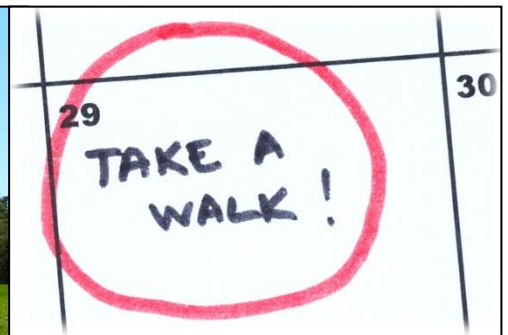
- **Understand arthritis and the relationship between arthritis, exercise and pain**
- **Learn how to exercise safely and comfortably**
- **Make a doable personal walking plan with goals**
- **Learn ways to make walking fun**
- **Identify strategies for overcoming barriers to maintaining a walking program**

**Location: Montclair Senior Center, 5111 Benito St., Montclair, CA 91763**

**Dates: March 20 – April 26, Tuesdays, Wednesdays and Thursdays**

**Time: 8:30 a.m. – 9:30 a.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**