

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:

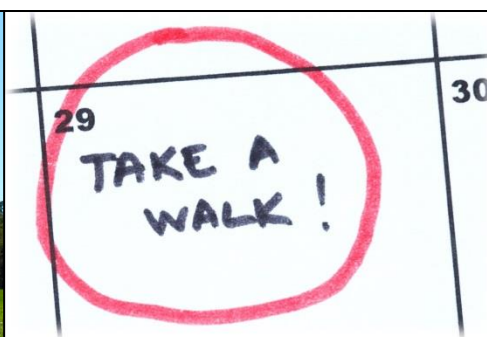
**Crest Forest Senior Center
24658 San Moritz Dr.
Crestline, CA 92325**

Dates:

**5/14, 5/15, 5/18, 5/21, 5/23, 5/25,
5/30-6/1, 6/4, 6/6, 6/8, 6/11, 6/13,
6/15, 6/18, 6/20, 6/22**

**Time: 5/14: 1-2pm, 5/15: 1:30-
2:30pm, 5/18: 9am-10am, 6/11: 1-
2pm, 9:00am – 10:00am for all
other days**

**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**