



# Walk with Ease

## DATE & TIME:

Mondays

9:00am-10:00am

June 25, 2018

July 2, 2018

July 9, 2018

July 16, 2018

July 23, 2018

## Final Class &

## Celebratory Walk:

**Saturday July 28, 2018**

At the Montmorency  
County Fair

## LOCATION:

Atlanta Community  
Schools

10500 County Rd 489  
Atlanta, MI 49709

## COST:

**FREE**



## **DESCRIPTION:**

Walking regularly can help reduce many different types of chronic pain. Walk with Ease is a six-week, evidence based program that includes:

- Safe walking indoors
- Discussion on osteoarthritis, rheumatoid arthritis, and fibromyalgia
- Managing pain and stiffness
- Tips on proper clothing and equipment
- Monitoring physical problems
- What to do when exercise hurts
- How to anticipate and overcome barriers
- Stretching and strengthening exercises

Photo Credit: Center for Excellence in Aging & Community Wellness <http://www.ceacw.org/programs/wwe-modal>

## **TO REGISTER:**

Call: **(989) 344-3264** ext. 1

Email: [wethingn@msu.edu](mailto:wethingn@msu.edu)

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