



The United States Surgeon General has recognized walking as one of the single most important things you can do for your health.

## Walk With Ease

Walk With Ease is a 6-week, self-guided physical activity program that can help reduce pain and improve overall health by building participants up to 30 minutes of walking at least three days a week. If you can be on your feet for at least 10 minutes without increased pain, you can enjoy success with Walk With Ease. As a participant in this program, you will receive a guide book by mail along with weekly email communications. You'll also be connected to a coach who will 'walk' you through the program over the phone. Whether you're looking for relief from arthritis pain or just want to be active, this program is shown to help improve balance, strength and walking pace; build confidence in ability to be physically active; and improve limitations and symptoms. **Free!**

### **VIRTUAL INFORMATION SESSIONS AVAILABLE**

DAY	DATE	TIME
Thursday	July 23	11 a.m. - noon
Wednesday	August 5	2 – 3 p.m.
Tuesday	August 18	1 – 2 p.m.
Wednesday	September 9	3 – 4 p.m.
Thursday	September 24	10 – 11 a.m.



To register, visit [classes.beaumont.org](https://classes.beaumont.org) or call 800-633-7377.  
For more information about classes, email [CommHlthPrograms@beaumont.org](mailto:CommHlthPrograms@beaumont.org)