



## Do you suffer from Arthritis or another chronic condition that keeps you in pain?

Then come experience some relief with our *Walk With Ease* program— designed for (but not limited to) people with arthritis — adults 18 years or older, of varying fitness levels. Even if you do not have arthritis, but would like to begin a regular walking program to gain the benefits of regular aerobic exercise, and learn how to safely make physical activity a part of your everyday life, this program will be suitable for you!

### The Arthritis Foundation's program is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Sessions begin with a brief discussion on a topic important to successful walking or arthritis management. After the discussion, the group will warm up, stretch, walk, cool down and stretch one last time.



**Every Tuesday, Thursday, & Friday**

**January 21– February 28**

**10am - 11:30am**

**Mercy Outpatient Center**

**Community Health Training Room, 1<sup>st</sup> Floor**

**(Use the 27<sup>th</sup> Street entrance)**

**2740 M Street, Merced, CA 95340**

Register at: City of Merced Parks and Recreation  
632 W. 18th Street, Merced, CA 95340  
For more information call: 209-385-6235