

# Walk With Ease

- Reduce pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build confidence
- Improve overall health



**REGISTER HERE!**



**\*\*max of 10 participants per 8-week session  
so sign up now!!\*\***

**WHERE?** YMCA GYM

**WHEN?** Mondays and Thursdays, 2:00-3:00pm

**Questions and to register:**

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712-546-6655



**FOREVERWELL®**