

WALK WITH EASE
a program for better living



State Wide Listing Michigan 2014



Walk With Ease is a fitness program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with this program!

Benefits: Walk With Ease will help you:

- ✓ **Motivate yourself to get in great shape**
- ✓ **Walk safely and comfortably**
- ✓ **Improve your flexibility, strength and stamina**
- ✓ **Reduce pain and feel great**
- ✓ **And much, much more . . .**

Led by a certified instructor, each session (18 in total) includes: Health related discussion topics, warm-up's, self-paced group walks and cool-down exercises.

*Pre-registration is required. Please call individual sites for information on class schedules and costs. If you don't see your community listed, please call us for more information.
New classes are forming now!*

COMING SOON!

Call 248-530-5026 for more information about classes in your area!