

WALK WITH EASE



Walk With Ease is a six-week, self-guided physical activity program designed to help reduce pain and improve your overall health. The goal of the program is to build up to 30 minutes of walking at least three days a week.

Whether you're looking for relief from arthritis pain or just want to be more active, this program is shown to help improve balance, strength and walking pace. It also helps build confidence in your ability to be active and can help improve limitations and symptoms. If you can be on your feet for at least 10 minutes without increased pain, you can enjoy success with Walk With Ease.

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 PARTICIPANTS WILL:

- receive a guide book by mail
- enjoy weekly support and instructional emails
- have the option to connect with a coach who can help "walk" you through the program over the phone

Walk With Ease is offered free of charge in partnership with the National Kidney Foundation of Michigan.

VIRTUAL INFORMATION SESSIONS AVAILABLE:

| DAY | AVAILABLE DATES | TIME |
|----------|---|------------------|
| TUESDAYS | APRIL. 6, MAY. 4: Program Informational Session | 6 P.M. TO 7 P.M. |



Learn more at a virtual information session.

To register, visit classes.beaumont.org or call **800-633-7377**.

For more information about classes, email CommHlthPrograms@beaumont.org.