

Walk with Ease®



Walk with Ease® is an exercise program that can reduce pain and improve overall health. The **Walk with Ease®** Program will help you motivate yourself to get in great shape, walk safely and comfortably, improve your flexibility, strength and stamina, and reduce pain and feel great.

Benefits to You

The Walk With Ease Program 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

In studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina, Walk With Ease was shown to reduce pain, increase balance and strength, and improve overall health.



The Harvard Community Senior Center and the City of Harvard are planning to offer a new walking program called Walk With Ease®. Originally developed for individuals with Osteoarthritis, the program is now available for anyone who wants to benefit from regular walking.

If you are interested in participating in this free, 6-week program, please sign up on the interest list at the Senior Center ~ or send an e-mail with your name, age, address, phone number and any health conditions you have to info@harvardseniorcenter.org.

Harvard Community Senior Center
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