

Walk with Ease

Information Session



Wednesday, May 15, 2024

10 - 11 a.m.

In person at ADRC

300 S Adams St, Green Bay



Presented by:
Amy Staniforth,
Prevention Specialist,
ADRC

Join us to learn about a new program being offered here in our community! The Arthritis Foundation Walk With Ease Program is an exercise 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 Walk With Ease. Walk With Ease can help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength, and stamina
- Reduce pain and feel great

After class, you will also have an opportunity to register for our first full workshop starting in June!

ADRC, 300 S. Adams Street,
Green Bay, WI

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Reasonable accommodations for disabilities are available, please request 5 days in advance.



Registration is required.
Space is limited.
Call ADRC
(920) 448-4300 to register.