



Walk With Ease

Move More, Feel Better, Live Stronger

Why Bingocize®?

Walking is a natural way to stay healthy. This program makes it safe, supportive, and enjoyable. Participants will:

- Stay motivated to reach wellness goals
- Walk with confidence and comfort
- Improve flexibility, strength, and stamina
- Feel energized and reduce discomfort

What to Expect?

Gentle walking, stretching, and group support in a welcoming environment:

- 3 sessions/week for 6 weeks
- 1 hour each
- Guided walking, warm-up, and cool down
- Designed for adults seeking strength, mobility, and ease

Walk With Ease helps adults build confidence, stay active, and enjoy independence. Adaptable for all fitness levels. Regular attendance brings the best results.



Arthritis
Foundation®

wiha
Wisconsin Institute
for Healthy Aging

Check for Upcoming Workshops

Visit us online or
give us a call!

adrcofbrowncounty.org

920-448-4300

Registration is
required and space
is limited!

\$35 Suggested Donation Thanks for being part of our class! Although the suggested donation is \$35, the true value is \$283, and any additional support helps cover costs and expands future opportunities.



Aging and Disability Resource Center
of Brown County

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Green Bay, WI 54301
920-448-4300