

# Walk With Ease

## Upcoming Workshop

Visit us online or give us a call today!  
[adrcofbrowncounty.org](http://adrcofbrowncounty.org)  
(920) 448-4300

**\$25 Suggested Donation**  
(helps offset cost of learning materials)



## *Reduce pain and improve your health!*

Join us for this 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

*Presented by: Michelle Erdmann, Caregiver, Dementia, & Prevention Manager & Amy Staniforth, Prevention Specialist, ADRC*

Visit us at [www.adrcofbrowncountywi.org/events](http://www.adrcofbrowncountywi.org/events) for other upcoming workshops.

**Walk with Ease**



**wiha**

Wisconsin Institute  
for Healthy Aging



**Registration is required. Space is limited.**

Deadline to register is one week prior to start date, or upon filling.

Call ADRC (920) 448-4300 to register or for more details.

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

ADRC, 300 S. Adams Street,  
Green Bay, WI (920) 448-4300

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