



Walk With Ease



**Arthritis
Foundation** SM

A walking program developed by the Arthritis Foundation that includes health education, stretching, strengthening exercises, and motivational strategies. The program provides a guidebook and a walking schedule to get you safely moving toward better health.

Benefits to You

- Walk safely and comfortably
- Improve flexibility, strength, and stamina
- Reduce pain and improve health
- Motivate yourself with others

January 26th -

March 4th

Mondays & Wednesdays

10:00-11:00AM

Community Center

509 Clay Street

Bronson, KS



**KANSAS STATE
UNIVERSITY**

Extension
Southwind District

Space is limited! CALL 620-244-3826 to enroll today!

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Tara Solomon-Smith four weeks prior to the start of the event at 620-244-3826 or tsolomon@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service