

FREE

Walk With Ease

ARTHRITIS FOUNDATION

JUNE 5TH - JULY 14TH

**MONDAY
WEDNESDAY
FRIDAY**

9:00AM-10:00AM

Fort Scott Presbyterian Village
2401 Horton Street
Fort Scott KS
(Dining Room)

Contact:

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K-STATE
Research and Extension

This institution is an equal opportunity provider.



Designed for people with arthritis or individuals who have been physically in-active. Walk with Ease is an exercise program that can reduce pain and improve overall health. This class will involve walking indoors and outdoors.