



NORMANDALE CENTER FOR *Healing & Wholeness*

Walk With Ease ***An Arthritis Foundation Program***

This **FREE** doctor recommended program has been proven to reduce pain and improve your overall health. Designed to be safe, relaxing and enjoyable, we will help you develop and sustain a personal plan to make walking a part of your everyday life.

Walk With Ease can help you:

- Reduce joint pain
- Increase balance, flexibility, strength and stamina
- Learn to walk safely and at your own pace
- Learn stretching and strengthening exercises

Although this program is designed to help those living with arthritis, anyone who wants to improve their physical activity can benefit.

Date: Tuesdays & Thursdays, June 1 - July 29

Time: 10:00—11:00 AM Central Time

Registration: Online at <https://yourjuniper.org/Classes/Register/2392> or contact us at info@normandalecenter.org or 952-977-9357. Deadline is **May 24th**.

Each participant receives a **Walk With Ease** guidebook.



Walk for Better Health, Improved Fitness and Reduced Pain!

6100 Normandale Road, Edina 952-929-1698