

# Walk With Ease



**Arthritis  
Foundation®**

**Arthritis Foundation Certified. Doctor Recommended**



“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

*-Walk with Ease participant*

The **Arthritis Foundation Walk With Ease Program** is a 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.

## Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength, and stamina

Class size is limited. Schedule is subject to change depending on minimum participant enrollment.



Register using the QR code or online at  
[www.prescommhealthclasess.com/book-online](http://www.prescommhealthclasess.com/book-online)

**Walk with Ease Program**

**Meet Weekly with Group & Self-Direct Walk**

**Tuesdays, June 3, 10, 17, 24, 2025**

**10:00 am-11:00 am**

**Presbyterian Santa Fe Medical Center**

**Farmers Market Teaching Kitchen**

**4801 Beckner Rd, Santa Fe NM 87507**



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**PRESBYTERIAN**  
Community Health

New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity/affirmative action employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please contact the Extension Office two weeks prior to the event at 505-471-4711.