

ARTHRITIS FOUNDATION WALK WITH EASE PROGRAM

WHAT IS THE ARTHRITIS FOUNDATION WALK WITH EASE PROGRAM?

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation Walk with Ease Program can help. The program will teach you how to safely make physical activity part of your everyday life. Unlike many other walking programs, Walk with Ease offers support, information and tools to help you keep walking a regular part of your life. You can do the program on your own or be part of a walking group listed below. By going to classes, you'll learn how to manage arthritis pain and handle any challenges to your exercise plan. You will also get the support and tools you need to help set and reach your goals.

WHO IS ELIGIBLE TO PARTICIPATE?

The Walk with Ease program is designed for people with arthritis—young and old, male and female, fit and not-so-fit. It's also great for people with arthritis who would like to begin a regular walking program. Walking can help you manage your weight, which can reduce your risk for arthritis, heart disease and diabetes. If you can be on your feet for 10 minutes without increased pain, you can probably have success with Walk with Ease. The program can be modified to meet your needs. If you want to take part but have concerns about your health, consult your health care provider before you begin.

LENGTH, FREQUENCY, FEES AND OTHER SPECIAL REQUIREMENTS:

Classes are offered at various times and in many convenient locations. Dates and times of classes can be obtained by contacting one of the sites listed below. Fees for the Arthritis Foundation Walk with Ease Program are set by each facility. A facility may also require membership or have other special requirements. Contact the facility for more detailed information on their classes. Classes will run through August 15, 2010.

Instructors have successfully completed the Arthritis Foundation Walk with Ease Program Instructor Training Workshop.

Dodge County

Beaver Dam Senior Center

114 E. 3rd St.
Beaver Dam, WI 53916
920-887-4639

Hales Corners Lutheran Church

12300 W. Janesville Rd.
Hales Corners, WI 53130
414-529-6700

Manitowoc County

Two Rivers Senior Center

1520 17th St.
Two Rivers, WI 54241
920-793-5596

Oconto County

South Branch Community Center- Menominee Aging Division

W1281 County M
Suring, WI 54174
715-799-6510

Menominee County

Keshena Senior Center

Hwy 47 & Hwy 55
N916 State
Keshena, WI 54135
715-799-5240

Walworth County

Whitewater Aquatic and Fitness Center

580 S. Elizabeth St.
Whitewater, WI 53190
262-473-4900

Neopit Senior Center

W6719 Store St.
Neopit, WI 54150
715-799-5240

STATE OFFICE

Arthritis Foundation, Wisconsin Chapter

1650 S 108th St.
West Allis, WI 53214-4021
(414) 321-3933 *or*
(800) 242-9945

Milwaukee County

Clinton & Bernice Rose Senior Center

3045 N. Martin Luther King Dr
Milwaukee, WI 53212
(414) 263-2255
Session starts June 21, 2010

WEB SITE: www.arthritis.org
E-Mail: info.wi@arthritis.org