

**A  
FREE  
COMMUNITY  
PROGRAM**

# Arthritis Foundation Walk With Ease



*Live Your  
Best Life...*

**Meets Mondays, Wednesdays & Fridays**

**September 11 - October 20, 2017**

**7:00 - 8:00 am**

## About This Program

- 1 hour 3 times a week for 6 weeks
- Trained peer leaders share helpful information about living with arthritis
- Workbook included (an \$11.95 value!)

## Benefits

- Feel better, be more active
- Reduce pain and stiffness
- Have more energy
- Feel confident that you can manage your arthritis
- Meet new people and gain social support



## Space is limited!

You must attend one of the first two sessions to secure your place in the group.

## Workshop Location:

**LA Oasis Baldwin Hills**  
4005 Crenshaw Blvd.  
Macy's 3rd Floor  
Los Angeles, CA 90008

**Register in person  
or online at**

**<https://www.oasis.org/la>**

**For questions, please call:  
(323) 291-3414**

**Supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, and cancer**

# Walk With Ease

## F A C T S H E E T

### About **'Walk With Ease'**

- **No-Cost** on-site workshops
- Meets 1 hour 3 times a week for 6 weeks
- Trained peer-leaders
- Gives you tools to live a healthier life
- Evidence-Based Self-Management Program from the Arthritis Foundation

### Workshop Components

- About arthritis
- Managing symptoms and flare-ups
- Warm up
- Cooling down
- 10-15 minutes of walking, building up to 30 minutes
- Go at your own pace!

### How Can It Help Me?

- Reduce arthritis pain and stiffness
- Feel less tired
- Increase your stamina, strength and balance
- Be more active and independent
- Feel more confident that you can control your arthritis

To Register: Visit our website: <https://www.oasis.org/la>  
or stop by the office and register in person

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Evidence-Based Health Promotion Programs for Older Adults