

Anne Arundel County

Department of Aging and Disabilities presents



WALK WITH EASE
a program for better living

ARTHRITIS
FOUNDATION®

Walk With Ease is a FREE 6-WEEK self-management, community-based physical activity, and arthritis education program.

While walking is the central activity, this program also includes:

- arthritis education
- stretching
- strengthening exercises, and
- motivational strategies

Join a hybrid Walk With Ease Group:

- Meet your group in person once a week
- Participate in a self-guided session twice a week
- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength, and stamina
- Reduce pain and improve overall health.
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*** All participants must be able to stand on their feet without pain for at least 10 minutes.***



Where:

Brooklyn Park Senior Activity Center
202 Hammonds Lane
Brooklyn Park, MD 21225

When:

Tuesdays In Person
2 days of self-guided walks

Dates:

Sept. 17th - Oct. 22, 2024

Time:

8:45 a.m. to 10:00 a.m.

Register online:

<https://www.aacounty.org/aging-and-disabilities/services/living-well-series>
or

call the Brooklyn Park Senior Activity Center at 410-222-6847

Anyone needing accommodations must contact Jennifer Jackson at (410) 222-4335 or agjack88@aacounty.org at least 7 days in advance of the event. TTY users, please call via Maryland relay 7-1-1. All materials are available in alternate formats upon request.