

# Walk with Ease

A multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies.

**Monday, Wednesday, Friday from February 19 - March 29**

**11:00 a.m. - 12:00 p.m.**

**First National Bank in Fredonia 4-H Learning Center**

**10392 Jade Road, Fredonia, Ks. 66736**

The Arthritis Foundation's Walk With Ease Program is a community-based physical activity and self-management education program.

To register for this program call Family and Community Wellness Agent Valori Stone at 620-378-2167.



**This program is FREE and does not have a participant fee due to grant funding provided by Area Agency on Aging.**

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Valori Stone two weeks prior to the start of the event at (620) 378-2167 or email [valori@ksu.edu](mailto:valori@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

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