



Ventura County Area Agency on Aging's Fall Prevention Program presents **WALK WITH EASE**

WALK WITH EASE is an 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**.

This is a six-week program developed by the Arthritis Foundation that helps participants create a customized walking plan to stay motivated, manage pain, and exercise safely to stay strong, boost energy, and control weight. Participants walk together three times a week, starting slow and building up to walking for a total of 30 minutes.

ALL CLASSES ARE FREE

VCAAA Picnic Tables

646 County Square Drive in Ventura

Wednesdays, Thursdays, and Fridays

January 11th – February 17th

11 a.m. – 12 p.m.

For more information or to register for classes, call 805-477-7300 option 6.
Brought to you by the Ventura County Elderly Fall Prevention Coalition

