



Northwest Arena

NEW! *Walk with Ease*

Walk With Ease, a safe, FUN 6-week walking program led by two certified instructors .

Walk with Ease has been *proven* to improve strength, build your confidence and energy, and reduce aches and pains. It's a great way to get yourself moving!

**Location: Northwest Arena,
319 W 3rd St, Jamestown**

Program meets: Monday, Wednesday and Friday

From: April 9th to May 18,2018

9AM-10AM

This program will be offered free of charge but space is limited.

Pre-registration is required

To register call Lisa at 753-4795

Walk With Ease |  **Arthritis Foundation**

Brought to you by Chautauqua County Office for the Aging, County Department of Health and Human Services, and the County Parks Department.