

Walk with Ease



Month: Starting January 5th, 2022

Location: "The Bridge" in Seminole

Cost: FREE

Call Megan at
405-257-5433 to sign up!



The Arthritis Foundation Walk With Ease Program

is a 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.

Benefits:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great



Class dates

are located on our website:

<https://extension.okstate.edu/county/seminole>