



Let's Walk
MINNESOTA

**Walk toward
better health.**

Walk With Ease is a program for people with joint pain...or anyone who wants to improve their health. You will learn how to start walking safely and stick with it.

Attend **Walk With Ease** three times a week for six weeks to:

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

Although designed to help people living with arthritis better manage their pain, anyone who want to increase or improve their physical activity habits can benefit from the program.

“The leaders don’t push you. They let you do what you can do, and they make it fun.”

— Walk with Ease participant

REGISTER FOR A CLASS

yourjuniper.org

1.855.215.2174

info@yourjuniper.org

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The Arthritis Foundation's
Walk With Ease is for you if you:

- Are an adult with arthritis, or other ongoing health issues
- Can be on your feet for 10 minutes without increased pain
- Have shoes that are safe for walking
- Want to improve your confidence in your ability to manage symptoms
- Want to improve your balance, strength and walking pace



Walk With Ease is an evidenced-based program developed by the Arthritis Foundation in partnership with the CDC. Each class combines group or self-paced walks with discussions or information about health-related topics.

[Read about the research supporting the program](#)

