



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 are age 60+ and 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

Willett Ranch Community Room
55 Willett Street in Ventura
Mondays, Wednesdays, and Fridays
March 6 through April 18
2:30 p.m. to 3:30 p.m.

For more information or to register for classes, call (805) 477-7300, option 6,
or email Fall.Prevention.Program@ventura.org.

Brought to you by the Ventura County Elderly Fall Prevention Coalition

