



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

Fillmore Active Adult Center
533 Santa Clara St.
Mondays, Wednesdays, and Thursdays
January 8 through February 21
9 a.m. to 10 a.m.

To register for this class, call (805) 524-3030. For more information about the Fall Prevention program, call (805) 477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaaa.org/falls.
Brought to you by the Ventura County Elderly Fall Prevention Coalition