



Arthritis Foundation Walk With Ease

Arthritis Foundation's Walk With Ease Program

Is for anyone who would like help beginning a walking program, especially those with arthritis.



Montana
Arthritis Program

Chronic Disease Prevention & Health Promotion Bureau

dphhs.mt.gov/arthritis

Sign Up NOW!

Classes run from April 19th thru May 24th

Every Wednesday from 9:30 to 10:30

At LIFTT 1201 Grand Ave Suite 1



For more Information or to Sign up

Contact: Melissa at 294-5208

For Beginners Only