



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.

- Program consists of 1 day per week
- for 6 weeks.



Montana
Arthritis Program

Chronic Disease Prevention & Health Promotion Bureau

dphhs.mt.gov/arthritis

Sign Up NOW!

Classes runs from June 13th to June 30th
Every Tuesday and Friday 10:30 to 11:30am
LIFTT Community Room @ 1201 Grand Suite 1



For more Information or to Sign up
Contact: Melissa @ 294-5208
For Beginners Only