



# WALK WITH EASE

## Exercise Fitness Program

Walk With Ease is a FREE fitness program shown to reduce pain and improve your health. Brought to you by experts you trust at the Arthritis Foundation, Walk With Ease provides techniques to build and maintain a successful walking program into your daily lifestyle.

**Walk With Ease** |  **Arthritis Foundation™**

*In partnership with*



### **Palm Beach County Board of County Commissioners**

Maria Sachs, Mayor, Maria G. Marino, Vice Mayor, Gregg K. Weiss  
Michael A. Barnett, Marci Woodward, Sara Baxter, Mack Bernard

Verdenia C. Baker, County Administrator

**Thursdays**

**11:00am -12:00pm**

**Walking for Better  
Health**

**Improved Fitness and  
Less Pain**

**Space is limited,  
sign up today!**

## **CONTACT INFO:**

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Email: [gblake@pbcgov.org](mailto:gblake@pbcgov.org)

## **DATES:**

February 15, 2024 –  
March 28, 2024

## **LOCATION:**

Glades Neighborhood Center  
Glades Pioneer Park  
866 S.R. 715  
Belle Glade, FL 33430