Walking Program at Boerner Botanical Gardens

Walk With Ease℠

a program for better living®

JOIN US ANYTIME FOR A WALK IN THE GARDENS

The Arthritis Foundation's *Walk With Ease* wellness program is designed for adults to reduce pain, increase balance and strength, and improve overall health. This program at Boerner Botanical Gardens will benefit people with arthritis and other chronic conditions such as diabetes and heart disease or anyone who wants to become more physically fit.

Each meeting features a pre-walk talk, warm ups, stretching and strengthening exercises (pre- and post-walk), socializing, a 10- to 30-minute walk, and a cool down. Each participant will receive the *Walk With Ease Guidebook* (an $11.95 value), and will have the chance to win incentive prizes.

The program can be modified to meet individual needs, and the only pre-requisite for the program is the ability to walk for at least 10 minutes without pain.

Register for the program by calling Boerner Botanical Gardens at (414) 525-5601

Boerner Botanical Gardens
Milwaukee County's Living Museum

ARTHRITIS FOUNDATION®
Take Control. We Can Help.™

Milwaukee County PARKS

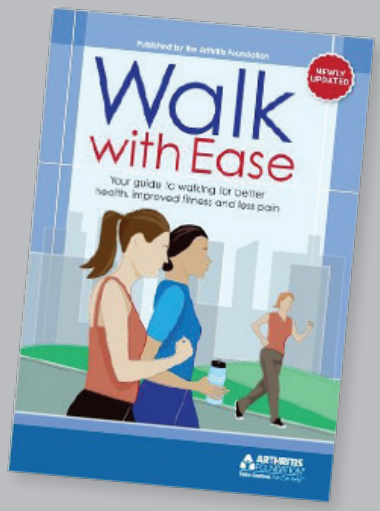
NEW SESSIONS!!

Walk With Ease Programs at Boerner Botanical

INDOOR OR OUTDOOR MEETING SPACE FOR AUTUMN WEATHER CHANGES

SESSION 1
1:00 p.m.-2:00 p.m.
Week 1 Nov. 4, 6
Week 2 Nov. 9, 11, 13
Week 3 Nov. 16, 18, 20
Week 4 Nov. 23, 25
Week 5 Nov. 30, Dec. 2, 4
Week 6 Dec. 7, 9, 11
Week 7 Dec.14, 16

SESSION 2
2:00 p.m.-3:00 p.m.
Week 1 Nov. 4, 6
Week 2 Nov. 9, 11, 13
Week 3 Nov. 16, 18, 20
Week 4 Nov. 23, 25
Week 5 Nov. 30, Dec. 2, 4
Week 6 Dec. 7, 9, 11
Week 7 Dec.14, 16



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