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For immediate release

“Walk With Ease” at Boerner Botanical Gardens

Milwaukee, WI (Aug. 27, 2015) – Walk With Ease, an evidence-based wellness program developed by the Arthritis Foundation for adults who want to be more active, is being offered at the Boerner Botanical Gardens, in sessions from Sept. 8–Nov. 2. The Botanical Gardens, “Milwaukee County’s Living Museum,” is located in Whitnall Park at 9400 Boerner Drive.

The six-week program, which meets three times a week, was designed to reduce pain, increase balance and strength, and improve overall health for people with or without arthritis. Each hour-long 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. Also included is the Walk With Ease Guidebook, an \$11.95 value. The class leader is certified by the Arthritis Foundation.

“We want to promote health and wellness in our community, and we want to make it easy – like a walk in the park,” said Milwaukee County Parks Director John Dargle Jr. “Walking doesn’t require an investment in equipment, is a good activity for starting a fitness program, and lets you socialize with your walking buddies and the people you meet—and what better place to walk than in our fabulous Botanical Gardens!”

While the program was developed to address needs of people with arthritis, Walk With Ease may also be beneficial to people with other chronic conditions, such as diabetes and heart disease, or anyone who wants to become more physically fit. The program can be modified to meet individual needs. The only pre-requisite for the program is the ability to stand for at least 10 minutes without pain.

The first two sessions will be offered Tuesdays, Thursdays, and Fridays beginning Sept. 8 and running through Oct. 27, with a break after the fourth week. The first session meets from 12:30-1:30 p.m.; the second, from 2-3 p.m.

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The third and fourth sessions will be offered Mondays, Wednesdays, and Thursdays beginning Sept. 14 and running through Nov. 2, with a break after the third week. The third session meets from 5:30-6:30 p.m.; the fourth, from 6:30-7:30 p.m.

Milwaukee County Parks was one of ten recipients to receive a grant for the Walk With Ease program from the National Recreation and Park Association in partnership with the National Association of Chronic Disease Directors and the Centers for Disease Control and Prevention.

The fee is \$15 per person for the complete six-week program (18 meetings) and includes admission to the Botanical Gardens.

For more information on Walk With Ease, visit <http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>.

Each class is limited to 25 participants. The registration deadline is Sept. 7 at noon. Walk-ins will be allowed on a space-available basis. To register or for more information, call Boerner Botanical Gardens at (414) 525-5601.

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Full schedule, next page

Walk With Ease Schedule

SESSION 1, Tuesdays, Thursdays, Fridays, 12:30-1:30 p.m.

Week 1 Sept. 8, 10, 11
Week 2 Sept. 15, 17, 18
Week 3 Sept. 22, 24, 25
Week 4 Sept. 29, Oct. 1
Week 5 Oct. 13, 15, 16
Week 6 Oct. 20, 22, 23
Week 7 Oct. 27

SESSION 2

Tuesdays, Thursdays, Fridays, 2-3 p.m.

Week 1 Sept. 8, 10, 11
Week 2 Sept. 15, 17, 18
Week 3 Sept. 22, 24, 25
Week 4 Sept. 29, Oct. 1
Week 5 Oct. 13, 15, 16
Week 6 Oct. 20, 22, 23
Week 7 Oct. 27

SESSION 3

Mondays, Wednesdays, Thursdays, 5:30-6:30 p.m.

Week 1 Sept. 14, 16, 17
Week 2 Sept. 21, 23, 24
Week 3 Sept. 28, 29, Oct. 1
Week 4 Oct. 14, 15
Week 5 Oct. 19, 21, 22
Week 6 Oct. 26, 28, 29
Week 7 Nov. 2

SESSION 4

Mondays, Wednesdays, Thursdays, 6:30-7:30 p.m.

Week 1 Sept. 14, 16, 17
Week 2 Sept. 21, 23, 24
Week 3 Sept. 28, 29, Oct. 1
Week 4 Oct. 14, 15
Week 5 Oct. 19, 21, 22
Week 6 Oct. 26, 28, 29
Week 7 Nov. 2