



# WALK WITH EASE

Walking can improve balance, reduce pain, help with weight loss and improve mental health, flexibility and overall physical health.

The YMCA of Southeastern North Carolina is proud to offer Walk With Ease, a 6-week group exercise program and the only of its kind to be identified as arthritis-appropriate and evidence-based by the Centers for Disease Control and Prevention.

Thanks to the support of the North Carolina State Alliance of the YMCAs, we are able to offer this program free to the community.

## Take a Step in the Right Direction June 13, 2022 – July 22, 2022

Come to one, two or all three of our sessions each week! Participants commit to 3 walks per week for 6 weeks and will take simple pre- and post-program health evaluations. Walkers agree to attend at least one in-person walk and log any other individual walks on an app that will be provided.

### **Mondays | 9:00 a.m. – 10:00 a.m.**

Davis Community Center at Maides Park, 1101 Manly Ave, Wilmington, NC 28405  
Outdoor paved trail. Meet and park by outdoor basketball courts and pavilion.

### **Wednesdays | 9:00 a.m. – 10:00 a.m.**

Nir Family YMCA, 2710 Market St, Wilmington, NC 28403  
Outdoor, gravel track. Meet at picnic tables by outdoor track.

### **Fridays | 9:00 a.m. – 10:00 a.m.**

Ogden Park, 615 Ogden Park Dr, Wilmington, NC 28411  
Paved path around pond. Meet at Picnic Shelter #3.

Program includes t-shirt, water bottle, end-of-season celebration and other incentives!



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Visit us online for more information:  
[www.ymcasenc.org/WalkWithEase](http://www.ymcasenc.org/WalkWithEase)