WALK FOR WELLNESS

the YMCA

Walk with Ease

Are you or someone you know living with arthritis? Discover the benefits of walking in this supportive program designed to help manage arthritis pain.

Organized by the Arthritis Foundation and Land of Sky, this free program has been developed by experts to provide tools and techniques to build and maintain a successful walking program.

Participating organizations

Arthritis Foundation®

AREA AGENCY on AGING — A DEPARTMENT OF LAND OF SKY REGIONAL COUNCIL

Reuter Family YMCA

Sept. 19–Nov. 7

Thurs., 10–11 a.m.

For more information, contact:
Brea Kuykendall
828-251-7438
brea@landofsky.org

Scan to register

ymcawnc.org