

Perquimans County Senior Citizens Center

1072 Harvey Point Road

Hertford, NC 27944

252-426-5404

Walk With Ease – A Walking Program



Walk With Ease was developed by experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques to build and maintain a successful walking program.

Walk With Ease is for people who...

- Want to reduce the pain and discomfort of arthritis and/or joint pain
- Desire to increase balance, strength and walking pace
- Would like to build confidence in the ability to be physically active
- Want to improve overall health

The Walk With Ease program:

- Meets 3 times per week for about an hour for 6 weeks
- Led by 1-2 trained program providers
- Sessions consist of a “lecturette topic” lasting about 5-10 minutes, warm up, stretching, walking, cool down, and stretching.

Class Size Maximum: 16

Pre-registration Required

**Sessions Meet: Monday, Wednesday, Friday
Beginning Promptly at 8:30am**

First Session: Monday, April 12, 2021

Last Session: Friday, May 21, 2021