



WALK WITH EASE

ARTHRITIS FOUNDATION CERTIFIED. DOCTOR RECOMMENDED

The Oneonta Family YMCA is proud to offer the Arthritis Foundation Walk with Ease Program. The Walk with Ease program is a six-week group exercise program that can reduce pain and improve overall health. Learn how to walk safely and comfortably, while improving your flexibility, strength, and stamina! If you can be on your feet for 10 minutes with out increased pain, you can have success with Walk with Ease.

Program fee includes: guidebook

**TAKE A STEP IN THE
RIGHT DIRECTION &
JOIN US!**

**WHEN: APR 1 – MAY 10
MON, WED, FRI 1:30-2:30pm**

**WHERE: SOUTHSIDE MALL
IN ONEONTA**

**COST: Y MEMBERS – \$15
(REGULARLY \$30)**

**PUBLIC – \$25
(REGULARLY \$50)**

REGISTRATION OPENS 3/15/19



**INTEREST MEETING
3/29 1:30-2:00PM
@ The Oneonta Family YMCA**

**ONEONTA FAMILY YMCA 20-26 FORD AVENUE ONEONTA NY 13820
607 432 0010 www.oneontaymca.org**