



The Arthritis Foundation's Walk with Ease. This is an evidence-based, 6-week program that was designed by the Arthritis Foundation to improve overall strength, flexibility and reduce pain. The program will be led by Laila Vehvilainen, a certified Arthritis Foundation Instructor and Senior Fitness Specialist along with Kristina Gallant, a trained Walk With Ease facilitator.

Walk With Ease is designed to help individuals ~ With arthritis ~ Who want to make walking a daily habit
With other chronic health conditions such as diabetes, heart disease , and hypertension
Who want a structured walking program ~ Range from beginners to the physically fit
Able to be on their feet for 10 minutes without increased pain

Each week participants will take part in a group walk, stretching, and strengthening exercises. Participants will receive the Walk with Ease Guidebook and a list of online tools to manage arthritis or any joint-related or autoimmune disease.

This program is funded in part from the Older Americans Act as granted by Bay Path Services, Inc. A provision of the act is to allow for the opportunity to make a voluntary donation to support some of the program expenses. Whether or not you make a voluntary donation in no way informs or influences the service delivery. If you are interested in making a donation please contact the COA at 508-651-7858. Open to all, no resident restrictions.

To register contact The Sherborn COA at 508-651-7858 or email coadirector@sherbornma.org.