

A walking program developed by the Arthritis Foundation



Classes start January 11, 2022 - 9:00-10:00

Tuesdays, Wednesdays & Thursdays - Three times a week for Six Weeks

Wellness Center - Graham County Hospital - Hill City, KS



NO REGISTRATION FEE

Please enroll by January 7th by calling:

Karen Shepard at (785) 421-3411

***Learn how to understand the relationship between arthritis, exercise and pain.
How to exercise safely and comfortably with arthritis and have fun doing it!***

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