

Walk with Ease Program to start in January 2022

Intended as a six-week program, [Walk with Ease](#) is a national program developed by the Arthritis Foundation to encourage Americans to keep active and to improve overall health.

It is for those specifically with arthritis or who have issues with pain, walking is a way to help manage the pain; but it's also a program that can be applicable to anybody who just wants to be more active, particularly those who have been more sedentary.

Walk with Ease is designed as a six-week program that can be adapted to the needs and abilities of participants because they can make their own walking plan, tailor exercises and walking times to their needs, and go at their own pace.

Over six weeks, participants will work up to walking at least three times a week. The idea is to start at a reasonable amount of time and at a reasonable pace so that they build up to 30 minutes or more of walking each day you walk.

In addition to encourage walking, the [Walk with Ease](#) program provides three other components:

- Health information.
- Stretching and strengthening exercises.
- Motivational tips and tools.

This program will be held at the Graham County Hospital Wellness Center, starting on Tuesday, January 11, 2022 from 9:00-10:00 a.m.

For more information and to enroll in this program, please contact Karen Shepard, at the Twin Creeks Extension District-Graham office at 785-421-3411. The program is free of charge!