

# TAKE CONTROL, ONE STEP AT A TIME



Whether you don't know how to get started or you can't find the time,  
*Walk with Ease* can help you  
take the first step toward making exercise a habit.



Milwaukee AHEC  
2224 W. Kilbourn  
Milwaukee, WI  
53233

**Workshops are happening in your area!**

- 1 hour, 3 days a week for six weeks.
- Trained leaders and a walking group to motivate and support you.
- Learn to exercise safely and develop your own walking plan.

***Spaces are limited. Sign up now.***

Find out more information about Walk with Ease by calling the Arthritis Foundation at 1-800-242-9945 or visit [www.wisconsinarthritisprogram.org](http://www.wisconsinarthritisprogram.org).