

## Walk With Ease - Arthritis Foundation Program:

Join Cottonwood Extension District for this 8-week program designed to help you improve your overall health and well-being through walking. Benefits include reduced pain and stiffness, increased energy, balance, and enhanced mental health. The program includes an educational book that covers various topics about walking and arthritis management.

Pre-Registration is Required!

Registration Deadline: **April 22, 2026**

Date: Every Tuesday and Thursday beginning May 5<sup>th</sup> until June 25<sup>th</sup>

Time: 9:30am-10:30am

Fee: Free

Location: North Campus Gym

To register call the ERC office at 785-726-3718 or by emailing [ellisrecoffice@gbta.net](mailto:ellisrecoffice@gbta.net)

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone: \_\_\_\_\_ DOB: \_\_\_\_\_

Emergency contact:

Name \_\_\_\_\_ Ph \_\_\_\_\_

List medical conditions/if any: \_\_\_\_\_

