WALK WITH EASE
SAY YES TO YOUR HEALTH!

Say Yes to:
- Stretching and Strengthening Exercises
- Tips for making physical activity part of your everyday routine
- Personalized, safe walking routines
- Support and encouragement from your Leader

Proven to:
- Improve balance
- Reduce Pain
- Build stamina, strength, confidence and walking pace

Walk With Ease
Location: Palmer Park Mall
January 11, 2021 through February 19, 2021
Monday, Wednesday and Friday’s from 10:00 – 11:00 am
Registration open to all County Residents 60+
please call Joan Schafer @ 610-829-3201

SPONSORED BY:
NORTHAMPTON COUNTY AREA AGENCY ON AGING