

# ARTHRITIS FOUNDATION'S<sup>®</sup> WALK WITH EASE - WALKING GROUP



**HEALTH** for Today  
**EVIDENCE-BASED CLASSES**

### 6 Week Series

Developed by the Arthritis Foundation! Create a customized walking plan to keep muscles strong and joints stable, boost energy, and control weight. Go at your own pace.

June 4 - July 16  
Monday, Wednesday, Friday  
9:30am - 10:30am

Camarillo Health Care District  
3639 E Las Posas Rd.,  
Bldg. E, Suite 117  
Camarillo, CA 93010

No charge

Register (800) 900-8582

**Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition**

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