



WALK WITH EASE

6-Week Program, 3 Times A Week

This 6-week program is organized through the Arthritis Foundation to promote physical activity and education for individuals with arthritis.

Promote successful physical activities for individuals with arthritis.
Education about arthritis self-management.
Encourage healthy living together.

Dates: Monday, Wednesday & Friday
March 29th – May 7th, 2021

Time: 10:00 AM – 11:00 AM

Location: Farmville Athletic Complex Shelter
Cost: FREE!

REGISTER TODAY!

Contact Isaiah or David for more information!

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FARMVILLE ATHLETIC
COMPLEX

WALKING AND PAIN-
MANAGEMENT

ARTHRITIS SELF-
MANAGEMENT

PHYSICAL ACTIVITY
FOR SENIORS

**MUST REGISTER
BEFORE MARCH 29TH!**



FARMVILLE PARKS
& RECREATION

3672 N. Main Street

www.farmvillencparks.com



Farmville
Parks & Recreation