

Calvert County Parks & Recreation



in collaboration with



WALK WITH EASE

Dates: **January 28th – March 11th**

no class Feb. 18th

Days: **Mondays, Wednesdays, Fridays**

Time: **10:00am – 11:30am**

Location: **Northeast Community Center
4075 Gordon Stinnett Avenue
Chesapeake Beach, MD 20732**

Cost: **FREE**

*Living with Arthritis?
CCPR can help!*

Walk with ease is a six week program that teaches you how to safely make physical activity part of your everyday life. The program is designed to help relieve arthritis pain, but is suitable for anyone looking to make physical activity part of your everyday life.



For additional information, please contact (410) 535-1600 Paul- x8211 or Emily- x8205 or contact Maryland Relay for the hearing and speech impaired at (800) 735-2258
Calvert County Services are accessible for individuals with disabilities