

# "Spring" in to better health!

## WALK WITH EASE

Self-Directed Program



Move at your own pace through this six week self-directed program.

We will be there with weekly check-ins to help keep you on track!

*Join our next group starting on March 15th, 2021!*

For more information or to register for our upcoming group contact Danielle at [delongd@ardentnetwork.org](mailto:delongd@ardentnetwork.org) or 585-808-7023 Participants must be registered by Friday March 5th, 2021!

Walk with Ease is a simple fitness program free to all!

The program is proven to:

- Reduce Pain
- Build confidence in being physically active
- Improve overall health



Participants will:

- Receive a FREE Walk With Ease guidebook
- Receive a series of motivational emails each week to guide you
- Virtual group check-in meetings to meet with a certified instructor and your peers