



Arthritis Foundation® Walk With Ease

Benefits to you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

“When I started the program, I was afraid to walk very far because of my knee pain. But Walk with Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”
-Walk With Ease Participant



2026 - March 12, 17, 19, 24, 26, 31,
April 2, 7, 9, 14, 16 & 21

1:00 to 2:00 PM

Nemaha Co. Community Center
1500 Community Dr., Seneca

Space is limited, sign up today! Cost: FREE
Includes Walk with Ease book

Contact: Teresa Hatfield
785-364-4125
thatfield@ksu.edu

Marie Weaver
785-336-8011
marie.weaver@nmcoks.us

Register via QR code or
call one of the numbers above.



KANSAS STATE
UNIVERSITY

Extension
Meadowlark District

The Arthritis Foundation Walk with Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease.

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Teresa Hatfield, two weeks prior to the start of the event (February 26) at 785-364-4125 or thatfield@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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