

# Walk With Ease Leader Training

*Presented by the Central Missouri Regional Arthritis Center*



The Walk With Ease program was designed to help people with arthritis better manage pain, but it's also ideal for people without arthritis who want to make walking a regular habit. Walk With Ease is a multi-component program that also includes health education, stretching, strengthening, and motivational strategies to help individuals set and reach goals.

Research shows that walking is not only good for the joints. It also helps improve the health of the heart, lungs and bones. Walking can help manage weight, which can reduce the risk of arthritis in the knee, diabetes and heart disease.



**WHEN:**  
Friday, Feb 24, 2012  
8:00 am–12:30 pm

**WHERE:**  
University Place  
Apartments  
1205 University Ave  
Columbia, MO 65211

**COST:**  
**FREE** to leaders who  
commit to leading a  
class within 3 months  
of the training & a 2nd  
class within 12  
months of the train-  
ing.

**REGISTRATION  
REQUIRED:**  
Application deadline  
02/17/12

**CONTACT:**  
Amber Phelps  
(573) 882-8097  
phelpsam@missouri.edu

Contact **CEMRAC** for additional information about other classes and leader trainings or visit our web site at [www.moarthritis.org](http://www.moarthritis.org)

