



FOR IMMEDIATE RELEASE

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Walk with Ease

Asheboro - Asheboro Cultural & Recreation Services in association with the Randolph County Senior Adults Association and First Baptist Church of Asheboro will be hosting a "Walk with Ease" program from October 1st – November 9th. The program will meet at 1:30 p.m. each Monday, Wednesday and Friday at First Baptist Church.

"Walk with Ease" is a 6-week program offered by the Arthritis Foundation that can reduce pain and improve the overall health of individuals who face the challenges of arthritis. The program is made up of one hour classes that meet three times a week for six weeks. Each class is led by a certified instructor that includes health related discussion topics and self paced group walks. Each participant will be given a "Walk with Ease" Guide Book that provides all the information, support and tools needed to help each participant reach their goals.

There is no cost to participate in this program but registration is required. Class size is limited so please register quickly. To register for the class call Asheboro Cultural & Recreation Services at 626-1240.

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