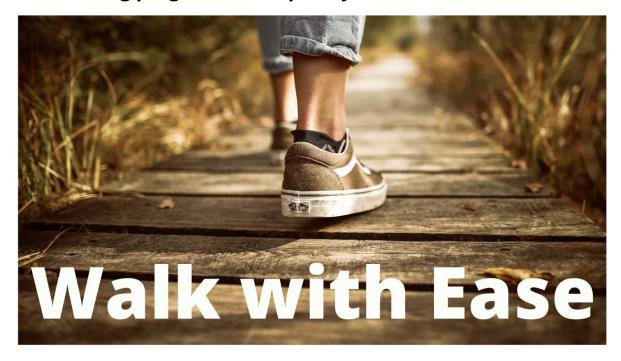
A walking program developed by the Arthritis Foundation



Classes start January 11, 2022 - 9:00-10:00

Tuesdays, Wednesdays & Thursdays - Three times a week for Six Weeks
Wellness Center - Graham County Hospital - Hill City, KS



NO REGISTRATION FEE

Please enroll by <u>January 7th</u> by calling: Karen Shepard at (785) 421-3411

Learn how to understand the relationship between arthritis, exercise and pain. How to exercise safely and comfortably with arthritis and have fun doing it!





Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability please contact Karen Shepard at the Twin Creeks Extension Office in Hill City at (785) 421-3411. Kansas State University Agricultural Experiment Station and Cooperative Extension Service - K-State Research and Extension is an equal opportunity provider and employer.