



WALK WITH EASE

When:

Mondays, Wednesdays,
and Fridays

February 6 through
March 17, 2023

Where:

San Leandro Senior
Center

13909 E 14th Street,
San Leandro

Time:

1:00pm - 2:00pm

Registration Required:

by February 2, 2023

To Register: go to

www.SpectrumCS.org or
call 510-881-0300 x270

Voluntary Donation:

\$40 per person



Spectrum Community Services Inc.

Fall Prevention Program

presents

“Walk With Ease”

Walk With Ease is an evidence-based interactive education and exercise program designed to reduce the risks of falling and increase activity and health among older adults.

Developed by the Arthritis Foundation, Walk With Ease will help reduce the pain and discomfort of arthritis, and help motivate you to get in shape while walking safely and comfortably.

This six week course meets three days per week, on Mondays, Wednesdays, and Fridays. Each class will include a discussion about using walking as an effective exercise, and demonstrate other exercises that are easy and fun to do!

Note: In-person classes require face coverings to help stop the spread of viruses.