

FREE

Walk With Ease

ARTHRITIS FOUNDATION

November 4th - December 18th

MONDAY - WEDNESDAY - FRIDAY

10:00AM - 11:00AM

Toronto Gymnasium
202 S. Broad Street
Toronto, KS

Register by contacting
Lea Kay Karleskint at 620-224-0182 or
lkarleskint@ksu.edu



Designed for people with arthritis or individuals who have been physically in-active. Walk with Ease is a walking program that can help reduce pain and improve overall health.



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