



ADRC Connection

Special Days In March 2024

- 7 - **Slam the Scam Day**
- 9 - Harriet Tubman Day
- 14 - Pi Day
- 15 - Ides of March (Et Tu, Brute?)
- 17 - St. Patrick's Day
- 19 - Spring Equinox - **FIRST DAY OF SPRING!!!**
- 24 - National Tolkien Reading Day
- 25 - National Science Appreciation Day
- 29 - Good Friday (**All ADRC Services Closed**)
- 31 - Easter

March is...

National Nutrition Month

National Poetry Month

Essential Tremor Awareness Month

Would you like our newsletter delivered to your inbox?? Sign up for the electronic version of our newsletter at:

<https://www.mycommunityonline.com/organization/adrc-aging-disability-resource-center-of-sheboygan-county>

How to Check and Improve Your Driving Skills

Are you concerned that your driving skills are declining or could be improved? Consider the following:

- Have your driving skills checked by a driving rehabilitation specialist, occupational therapist, or other trained professional. The American Occupational Therapy Association maintains a national database of driving specialists, or you can ask your state's Department of Motor Vehicles or your doctor to recommend someone who can test your driving skills. Note that there may be fees associated with these types of assessments.
- The American Automobile Association's (AAA) Road Wise Driver Course is designed to help older adults adjust to age-related physical changes to extend their safe driving career.
- Try an online self-assessment, such as this one from the National Highway Traffic Safety Administration (NHTSA), to gauge your abilities.
- Ask your family and friends for feedback about your driving, including any concerns.
- Take a driver safety course. Some car insurance companies may even lower your bill when you complete this type of class. Organizations such as AARP or your car insurance company can help you find a nearby resource.



Sheboygan-County-Aging-and-Disability-Resource-Center
Know us Before You Need Us
www.sheboygancounty.com

920-467-4100
Your Sheboygan County ADRC
March- 2024

Senior Dining Senior Dining



**Sites
Call for
reservation**

Fellowship, Food Fun

Adell Area Community Center

510 Siefert

Phone: 920-994-9934

Open: Tuesdays & Thursdays

Sheboygan—Bethany Church

1315 Washington Avenue

Phone: 920-207-2522

Open: Monday thru Friday

Howards Grove-Village Hall

913 S. Wisconsin Drive

Phone: 920-467-4020

Open: Tuesdays

Restaurant Models

Pic-a-Deli in Plymouth Generations

1500 Douglas Drive

920-892-4821 Extension 303

Open: Monday thru Friday

Mary's Country Grove **

322 Co Rd RR, Cedar Grove

Phone: 920-207-2522

Open: Thursdays 8-10 am

Kathy's Trackside**

*Closed for winter until

April 2, 2024

****No Reservation Needed**

ASK THE ADRC

SHIP case study :

Leo has Original Medicare and a stand-alone Part D plan. In January 2024 he is diagnosed with a condition that requires him to take a new prescription drug. He calls his Part D plan and learns this drug is not on the plan's formulary.

What should Leo do?

- Leo can call his State Health Insurance Assistance Program (SHIP) for help.
 - ⇒ If he doesn't know how to reach his SHIP, he can call 877-839-2675 or visit www.shiphelp.org.
- The SHIP counselor can tell Leo about formulary exceptions.
 - ⇒ The SHIP counselor can help Leo request a formulary exception and can instruct him on how to ask his doctor to write a letter that supports his medical need for the drug.
- The SHIP counselor can also let Leo know about his opportunities to change coverage in the coming year.
 - ⇒ If Leo has Extra Help, he may be eligible for a Special Enrollment Period to change drug plans once per calendar quarter in the first three quarters of the year.
 - ⇒ He might also qualify for a Special Enrollment Period if, for example, he enrolls in a State Pharmaceutical Assistance Program (SPAP) or moves outside of his current plan's service area. The SHIP counselor can talk to Leo about all possible special enrollment periods to check if he qualifies.

M A R C H

Our Mission Statement

The Mission of the Aging and Disability Resource Center (ADRC) of Sheboygan County is to empower and support seniors, people with disabilities, and their families to ask for help, find a way to live with dignity and security, and achieve maximum independence and quality of life.



Contact Us At:

Sheboygan County Aging and Disability Resource Center

650 Forest Avenue

Sheboygan Falls, WI 53085

Phone: 920-467-4100

mail: adrc@sheboygancounty.com

SLAM THE SCAM DAY MARCH 7, 2024

When it comes to scams, being informed is the best defense. Stay alert against these common scam attempts:

Imposter Scam: Scammers pose as trusted entities like banks or government agencies to trick you into sending money or sharing personal information. Watch out for anyone reaching out to ask for personal information to verify your account, or you are asked for payment via gift cards, wire transfers, or person-to-person transfers.

Urgency Scam: These scams pressure you with urgent deals, prizes, or to send payment to hospitals, the IRS, or family members. Be cautious when you're pressured to act immediately. Avoid clicking on any links until you verify the email is legitimate from a secondary source.

Phishing Scam: Deceptive emails, texts, or ads mimic trusted companies to gather personal or financial data. Watch for generic greetings, spelling errors, and avoid clicking suspicious links or downloading files.

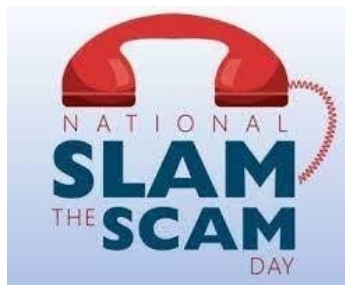
Utility Scam: Scammers pretend to be service providers threatening service disconnection unless immediate payment is made. Legitimate utility companies don't demand abrupt payments over the phone or email. Contact your provider directly to make any payments over the phone.

Support Specialist Scam: Fraudsters impersonate tech support, seeking access to your device or account. Legitimate tech support won't cold-call or request remote access or account details.

Pay Yourself Scam: Faking bank fraud alerts, scammers call to "assist" in stopping fraud, asking you to transfer money to yourself or someone else via transfer or person-to-person payments. This should be a red flag.

When in doubt, just say no! Don't give out any personal or account information over the phone or through email without verifying the source through alternate means. Do not use the information provided by the potential scammer - visit the company website, login to your accounts independently, or call the number on your account statement.

Scammers are creative and very believable which is why it is so important to be on guard. Contact your local Bank First office right away if you have provided bank account information, passwords to your online banking accounts, or paid funds as a result of fraud attempts or scams.



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March - 2024

Essential Tremor Awareness Month March 2024

Essential tremor is a nervous system condition, also known as a neurological condition, that causes involuntary and rhythmic shaking. It can affect almost any part of the body, but the trembling occurs most often in the hands, especially when doing simple tasks, such as drinking from a glass or tying shoelaces.

Essential tremor is usually not a dangerous condition, but it typically worsens over time and can be severe in some people. Other conditions don't cause essential tremor, although essential tremor is sometimes confused with Parkinson's disease.

Essential tremor can occur at any age but is most common in people age 40 and older.

Symptoms

Essential tremor symptoms:

- Begin gradually, and usually are more noticeable on one side of the body.
- Worsen with movement.
- Usually occur in the hands first, affecting one hand or both hands.
- Can include a "yes-yes" or "no-no" motion of the head.
- May be aggravated by emotional stress, fatigue, caffeine or temperature extremes.

Essential tremor vs. Parkinson's disease

Many people associate tremors with Parkinson's disease, but the two conditions differ in key ways:

- **Timing of tremors.** Essential tremor of the hands usually occurs when using the hands. Tremors from Parkinson's disease are most noticeable when the hands are at the sides of the body or resting in the lap.
- **Associated conditions.** Essential tremor doesn't cause other health problems, but Parkinson's disease is associated with stooped posture, slow movement and dragging the feet when walking. However, people with essential tremor sometimes develop other neurological signs and symptoms, such as an unsteady walk.

Parts of the body affected. Essential tremor mainly involves the hands, head and voice. Parkinson's disease tremors usually start in the hands, and can affect the legs, chin and other parts of the body.

Causes

About half the people with essential tremor appear to have an altered gene. This form is referred to as familial tremor. It isn't clear what causes essential tremor in people who don't have familial tremor.

**From the Mayo Clinic Website: [mayoclinic.org/diseases](https://www.mayoclinic.org/diseases)

INFORMATION & ASSISTANCE HAS OFFICE HOURS IN ADELL

On the 1st and 3rd Tuesday of the month, Information and Assistance Specialists are available at the Adell Area Community Center, 510 Siefert Ave., between 9 am and 1 pm.

Appointments are Encouraged by calling us at 920-467-4100.

However, we are there for you, so please feel free to walk in to talk with us.

COMMUNITY CALENDAR OF EVENTS



**SOUPER SUNDAY
COOK OFF**
TASTY soup, chili, bread, and melt in your mouth desserts.

**SUNDAY
MARCH 3
10:45-1:00**
or until the Nescos are empty

\$12⁰⁰ per person | Children 4-12 yrs - \$5
3 yrs. & under - Free

ST. PAUL LUTHERAN CHURCH
730 County Road PPP • Sheboygan Falls

*All proceeds will go to The Gathering Place and
Memory Matters day programs for adults with memory loss.*



MEMORIES IN THE MAKING

March 8, 10 am - 11:30 am

The signature art program of the Alzheimer's Association that allows individuals living with memory loss to express themselves through art. Care partners and those living with memory loss join in an art session led by an instructor in a comfortable social gathering that allows people to connect, socialize, and build new support networks. Art supplies are provided.

Registration recommended

Plymouth Arts Center
520 E Mill St
Plymouth, WI 53073
920-892-8409

Powerful Tools for Caregivers

Fridays April 5, 12, 19, 26 & May 3, 10
10 am - Noon

*-Light lunch serviced at 11:30 am, compliments
of Aurora Health Care.*

An educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Cost: \$30 for materials
3400 Union Ave, Sheboygan, WI
Register Today! Space is Limited
920-467-4079
Lisa.Hurley@SheboyganCounty.com

Alzheimer's Association Support Group "Just for Men"

March 13, 5:30 pm - 7:00 pm

Meets monthly on 2nd Wednesday of
each month.

To register: (757) 903-6408

Memorial Library
Lower level meeting room
330 Buffalo St.
Sheboygan Falls, WI 53085

2023 Tax Assistance By Appointment Only through April 2, 2024

Wednesdays: 9:30 am - 4 pm

Thursdays: 9:30 am - 4 pm

Call 920-459-3400

Sheboygan Mead Public Library
710 N 8th St.
Sheboygan, WI 53081

MEMORY CAFÉ

Painting Party

March 22, 10 am - 11:30 am

Memory cafes offer themed social gatherings for people living with memory loss and for their families, friends, or care partners. Registration Recommended

Lakeview Community Library
112 Butler St.
Random Lake, WI
920-994-4825

Beyond the Table

This year's theme for National Nutrition Month® inspires us to look Beyond the Table when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference — both now and in the future.

Healthy choices go beyond the foods and drinks we enjoy while sitting at the table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared. Our food choices can also affect the health of our planet. What goes into producing the foods we eat? How is it grown or raised, where and how it is made, what keeps it safe? It's important to think about how the foods we eat affect our health and that of the environment.



Tips to help you reach Beyond the Table

Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

Seek the help of a Registered Dietitian Nutritionist (RDN)

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways Beyond the Table to reach your health goals.

Learn what's involved in growing your food

There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Some local farms even have tours so people can see how they operate. You can also grow your own fruits and vegetables at home or become part of a community garden. Not quite ready to get your hands in the dirt? Many local farms offer programs, which include "farm shares" of produce during a growing season. Depending on the farm, additional products such as eggs or meat might be included. Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting. You also can add more plant-based foods to your meals and snacks. National Nutrition Month® is a great time to start thinking about how you can go Beyond the Table to improve both your health and the planet's.

SCIO - Sheboygan Summer Market

Fountain Park 8th St. and Erie
Sheboygan, WI
June – October
Saturdays 8am-1pm
Wednesdays 8am-1pm

SCIO - Plymouth Summer Market

515 E Mill Street
(Joseph & Joseph parking lot)
Plymouth, WI
June – October
Thursdays 3-6pm

Sheboygan County Interfaith
Organization (SCIO) 920-457-7272

Senior Farmers Market Nutrition Program:

The Senior Farmers Market Nutrition Program (SFMNP) offers low-income seniors an opportunity to purchase \$25 worth of fresh, locally grown fruits, vegetables, and herbs from certified farmers.

Income eligible seniors can apply on a first come, first serve basis at the SCIO Farmers Market information booth or designated times at senior dining sites throughout the county. SFMNP vouchers can be used June 1st-Oct. 31st at participating Farmers Markets and roadside stands in Wisconsin.

Please visit our May, 2024 edition for more information.

TECH-TIPS

Protect yourself and your information:

Use Strong Passwords: When choosing a password, it's critical not to use standard keyboard patterns like QWERTY or 12345. Try mixing it up by combining numbers, symbols, and lowercase and uppercase letters. Keep track of your passwords somewhere safe (preferably not saved on your computer), and try not to reuse old passwords for new accounts. The simpler the password, the easier it is to hack.

Two Step Authentication: Most email providers and social media sites allow you to set up two-step authentication, which means you must go through an extra security step to access your accounts. For example, your email provider will send a text message to your phone every time you try to log into your email. The message contains a code you enter on your email sign-on page to access your account. Check your email and social media privacy settings to set up two-step authentication.

∞ SELF-CARE FOR SENIORS... ∞

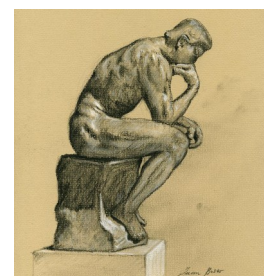
Taking care of our Selves is a many-faceted process. We focus on taking care of our physical, mental, and spiritual needs, and sometimes we need to do something for someone else. Here are some ideas for self-care through service to others:

1. Write a letter to a soldier.
2. Pay for the groceries of the person standing behind you in line.
3. Pick up litter in your neighborhood.
4. Hold the door open for someone.
5. Do a favor without asking for anything in return.
6. Donate needed items to a homeless shelter.
7. Drive a friend who can no longer drive to an appointment.
8. Volunteer to read to children in a school near you.
9. Help a friend or neighbor with something they can no longer do.
10. Offer thoughtful compliments to strangers and friends and family.



Words of Wisdom

- When men speak ill of thee, live so as nobody will believe them. —The Old Farmer's Almanac, 1832
- It does not matter how slowly you go as long as you do not stop. - Confucius
- He that takes truth for his guide, and duty for his end, may safely trust to God's providence to lead him aright. - Blaise Pascal
- What lies behind you and what lies in front of you, pales in comparison to what lies inside you. - Ralph Waldo Emerson
- No man ever steps in a river twice, for it is not the same river and he is not the same man. - Heraclitus



WHAT WILL I FIND AT THE AGING & DISABILITY RESOURCE CENTER OF SHEBOYGAN COUNTY?

Elderly Nutrition Program:

Provides seniors, 60 years and older, low-cost, nutritious meals. Congregate sites provide well-balanced meals and an opportunity to socialize with peers various days of the week at sites located in Adell, Howards Grove, Plymouth, and Sheboygan. Restaurant-style sites provide nutritious menu options in a restaurant setting in Cedar Grove and Random Lake (seasonal). Home delivered meals are offered 5 days per week throughout the county for homebound seniors.

Transportation:

Rides are provided by volunteers and county operated handicap accessible vans. Persons over age 60 and those with a designated disability may utilize this program for transportation to any medical appointment.

Telephone Reassurance Program:

To help reduce isolation and loneliness, this program provides companionship for those who are homebound and living independently.

Family Caregiver Support Group:

Help find support from other caregivers on issues, concerns, and the joy of caregiving.

Evidence-Based Health Promotion Classes:

A variety of classes are offered to help seniors improve their strength and balance and be educated in various aspects of life. Classes include Tai Ji Quan: Movement for Better Balance; Stand Up For Your Health; Walk With ease.

Information and Assistance:

Specialists provide you with knowledge about services, programs, and solutions for disability and long-term care issues such as living arrangements, health, adult protective services, and other publicly funded services.

Volunteer Opportunities:

Seniors and others are always welcome to join our core of volunteers at our nutrition and transportation programs.

Benefits Counseling:

Benefit specialists provide accurate and current information about private and government benefits and programs. They help you cut the 'red tape' when people run into problems with Medicare, Social Security, and other benefits.

Elder Benefits Specialist Mary Kempf will have office hours at the Adell Community Center - 510 Siefert Ave. - on the First and Third Wednesdays of the month starting January 3.

By appointment only at 920-467-4100.

Accommodations can be made for those unable to travel.



If interested in any of the above services or programs, please call the ADRC at 920-467-4100.

Affordable Connectivity Program Wind-Down

Mary Kempf for the GWAAR Legal Services Team

IMPORTANT: Enrollments End February 7, 2024: The Affordable Connectivity Program will stop accepting new applications and enrollments on February 7, 2024. Consumers must be approved and enrolled with a service provider 11:59 p.m. ET on February 7 to receive the ACP benefit.

What's happening?

In 2021, Congress established the Affordable Connectivity Program (ACP) in the Bipartisan Infrastructure Law, appropriating \$14.2 billion. Without additional funding from Congress, the program is estimated to run out of money by April 2024. As a result, the Federal Communications Commission (FCC) has begun taking steps to wind down the ACP, which means: ACP applications and enrollments will not be processed after February 7, 2024 at 11:59 PM ET.

Households that have applied, been approved, and are receiving the monthly internet discount before February 8, 2024 will continue to receive their ACP benefit until ACP funds run out, as long as the household remains enrolled in the program.

- After the ACP funds run out (projected in April 2024), households participating in the ACP will no longer receive the ACP discounts. What does this mean for low-income households not in the ACP? Because of the wind down of the program, the ACP will need to stop new enrollments. Starting February 8, 2024, no new enrollments will be accepted.
- Eligible households that are not already enrolled and who wish to receive the ACP benefit should complete an application as soon as possible to allow time to process the application. Once the application is qualified, a household must sign up with an internet company by February 7, 2024 at 11:59 PM ET to start receiving the benefit.
- If a household qualified for the ACP but did not sign up with an internet company before February 7, 2024 at 11:59 PM ET, then the household can no longer enroll in the ACP.

How does wind-down impact enrolled ACP households?

- Households that are enrolled in ACP will continue to receive monthly discounted internet service through the end of the ACP.
- During the ACP wind-down period, ACP households will receive notices from their internet company about the impact of the end of the benefit on the household's bill and service. The notices will tell households:
 1. That the ACP is ending;
 2. The impact on their bill;
 3. The date of the last bill they will receive that includes the ACP benefit; and
 4. That they may change their service or opt-out of continuing service after the end of the AC.
- ACP households may also switch their internet plans without penalty. ACP households should:
 1. Consistently check their emails for more information and for further updates regarding the ACP benefit. Also visit <http://www.AffordableConnectivity.gov> and www.fcc.gov/acp.
 2. Contact their internet company for questions about how the end of the ACP will affect their monthly bill and to ask about available options.
 3. Visit www.fcc.gov/acp to access answers to frequently asked questions (FAQs) and other guidance about the ACP wind-down process, including what households need to know about retaining internet service after the end of the ACP.
- Households can call the ACP Support Center at 877-384-2575 for information about their benefit.
- What are the important dates I should be aware of regarding the ACP wind-down?
 1. February 7, 2024: This is the last day that the ACP will accept new applications and enrollments. Eligible households must be approved and enrolled with an internet company by 11:59 PM ET on February 7th to receive the ACP benefit.
 2. Starting February 8, 2024, there will be no more enrollments into the ACP.
 3. Starting late January 2024: Households that are currently receiving a monthly ACP benefit will start to receive notices from their internet providers with information about the end of the ACP benefit. This information will include timing of the end of the program and the impact of the loss of the benefit on the household's bill and service.
 4. April 2024: The FCC anticipates existing ACP funding to run out in April 2024 if Congress does not provide additional funding. Consumers that are enrolled in the ACP will continue to receive their benefit on their internet service through April 2024. This date is an estimate and may change.

If the ACP has had an impact on you or someone you know, contact your legislators to tell them your story.

Senior Dining

Adell 920.994.9934, Sheboygan 920.207.2522, Howards Grove 920.467.9042

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				1 Sloppy Joe
4 Polish Sausage w/ Apples	5 Beef Chop Suey	6 BBQ Pulled Pork	7 Beef Stuffed Peppers	8 Chicken Divan
11 Hamburger	12 Philly Cheesesteak	13 French Onion Chicken	14 Brat w/ Sauerkraut	15 Chili Dog
18 Pesto Chicken	19 Teriyaki Salmon	20 Pork Spare Rib	21 Beef Tips	22 Turkey Burger w/ Cheese
25 Smothered Chicken	26 Shepard's Pie	27 Chicken Stir-Fry	28 Pork Loin w/ Gravy	29 CLOSED

In addition to the main entrees listed above, all meals include a variety of sides including fruits, vegetables, breads, pastas, rice, potatoes, fruit, and deserts.

Call the site directly to reserve your lunch by 9am the business day before.

Adell Serving Tuesdays and Thursdays
 Howards Grove Serving Tuesdays
 Sheboygan Serving Mon, Tues, Wed, Thurs, Fri

Senior Dining



Fellowship, Food Fun

FOOT CARE CLINIC SCHEDULE

* Call individual site to schedule appointment with R.N. Nancy

LOCATIONS:

Ebenezer UCC - Sheboygan
St. Paul's Lutheran - Random Lake
Howard's Grove Senior Center
For the above call 920-207-1654
Generations in Plymouth call 920-892-4821



Dates in March	Location	Time
1	Plymouth	9 am
5	Ebenezer UCC	12:30 pm
8	Plymouth	9 am
12	Ebenezer UCC	12:30 pm
14	Plymouth	9 am
19	Ebenezer UCC	12:30 pm
21	St. Paul's Lutheran	1 pm
22	Plymouth	9 am
27	Ebenezer UCC	12:30 pm

ACTIVITIES

11 am
until
lunch
service

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sheboygan 
4 Sheboygan - Yahtzee	5 HG - Sheboygan County Dietician - Adell - Word Games & Puzzles - Sheepshead (1:30) Sheboygan- Keno	6 Sheboygan- Golf Dice	7 Adell- A visit from your Librarian - Sheepshead (1:30) Sheboygan- Jingo	8 Sheboygan 
11 Sheboygan- Shamrock Race Game	12 HG - Howards Grove Fire Dept. Adell - Word Games & Puzzles - Sheepshead (1:30) Sheboygan- Candy Dice	13 Sheboygan- Shamrock Dice	14 Adell- St. Patrick's Dice - Sheepshead (1:30) Sheboygan- FoodWise by Janeth	15 Sheboygan 
18 Sheboygan- Timeline	19 HG - Dime Bingo Adell - Word Games & Puzzles - Sheepshead (1:30) Sheboygan- Kelley Encinas Nutrition Tips	20 Sheboygan- Fifty-One	21 Adell- Mental Health America - Sheepshead (1:30) Sheboygan- Millionaire Game	22 Sheboygan 
22 Sheboygan - Trivia Bingo	26 HG - The Price is Right Adell - Word Games & Puzzles - Sheepshead (1:30) Sheboygan - Birthday Party w/ music by the Accordion Club	27 Sheboygan- Five Card	28 Adell - The Price is Right - Sheepshead (1:30) Sheboygan - Seven-Eleven	29 DINING SITES CLOSED TODAY

Walk With Ease?

You can do it — we can help.

Arthritis Foundation **Certified.**
Doctor **Recommended.**

Space is limited.
Sign up today!

WHEN: Mondays, Tuesdays & Thursdays
March 25 – May 2, 2024

2:15 PM start time
Class time = 1 hour

WHERE: St. Paul Lutheran Church
730 County Hwy PPP
Sheboygan Falls, WI

TO REGISTER: 920-467-4020

Pre-registration required.

No cost, but a \$20 donation is appreciated



Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Join us and learn to Walk With Ease!



Arthritis Foundation

wiha

Wisconsin Institute for Healthy Aging