



# Walk with Ease Self-Directed



## 6-Week Walking Program

- Increases physical activity
- Decreases pain, fatigue, and depression
- Increases confidence to exercise

### **Start Dates:**

First Monday of the month

- April 1, 2024
- May 6, 2024
- June 3, 2024
- July 1, 2024
- August 5, 2024
- September 2, 2024

For more information and to sign up:

[State of Montana Walk with Ease](https://dphhs.mt.gov/publichealth/arthritis/StateofMontanaWellnessPrograms)

<https://dphhs.mt.gov/publichealth/arthritis/StateofMontanaWellnessPrograms>