

Walk with Ease

Event Date

Wed, May 22 2024, 1pm

Weekly on Wednesday at 1:00pm for 7 times

Recent

- Wed, May 15 2024, 1pm

Walk with Ease



Day of Week: Wednesdays at 1 p.m.

Month: April 10, 17, 24 & May 8, 15, 22

Location: April 10 - Meet-up at Train Depot, 614 Broad Street - Weekly Location Schedule TBD

Cost: Free
Participants will Receive Weekly Motivation Prizes

Space is limited, sign up today!

Contact:
Rachel Johnson, Town of Beaufort Parks Coordinator
R.johnson@beaufortnc.org
(252) 528-8765



The Arthritis Foundation Walk With Ease Program is a exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.



For weekly meeting locations and additional information, contact Parks Coordinator Rachel Johnson at r.johnson [at] beaufortnc.org.