



# 2019 WALK WITH EASE

October 15, 2019 – November 21, 2019  
Tuesdays, Wednesdays, & Thursdays

2:00 PM

**NEW LOCATION!!!**  
**Kuna Senior Center**  
**229 N Ave B**  
**Kuna, Idaho 83634**

\$3.00 Fee

Limited Space Available

## The Arthritis Foundation's Walk With Ease

Kuna Parks and Recreation will soon be offering adults ages 50+ a new way to stay fit. This is a six (6) week course that takes place 3 days a week. Class lengths may vary based on how long the group decides to walk and could last up to 1.5 hours a day. Classes will be at the Kuna Senior Center with walking on the Greenbelt.

**For Registration or questions call (208) 639-5348**

**Walk With Ease** |  **Arthritis Foundation™**

**Come Join Us If  
You:**

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**Are Looking To  
Begin A Walking  
Program**

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**Have 3-5 Hours A  
Week Available**

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**Are Looking To  
Help Manage Your  
Arthritis**

\_\_\_\_\_

**Want A Safe And  
Successful  
Environment!**

## **CITY OF KUNA**

751 W 4th Street  
Kuna, Idaho 83634

(208) 922-5546

[Kunacity.id.gov](http://Kunacity.id.gov)

