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WALK WITH EASE

The Walk With Ease program is designed for people with arthritis—young and old, male and female, fit and not-so-fit. It is also suitable for people without arthritis who would like to begin a regular walking program to gain the benefits of regular aerobic exercise.

9-10 a.m. Mon/Wed/Fri
August 10 - September 18, 2026
Sweet Briar College

For more information or to register
contact Maggie at (434)385-9070 x106
or email mmccanna@cvcl.org

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