

JOIN US!



WALK WITH EASE

Walk With Ease is a six-week walking program aimed at helping individuals start or maintain a personalized walking program.

Walk your way to good health!

Each session lasts
1-hour and includes
exercise and a health
education component!



REGISTRATION

To register, visit:

OR
call 1-888-484-3800

For questions about the program, e-mail:



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. © 2021, South Dakota Board of Regents.