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| http://03bb529.netsolhost.com/vtymca/wp-content/uploads/2015/10/Green-YMCA-Logo-Areas-of-Focus2.pngPhoto of a female runner stretching on the ground, on an outdoor track, with sole of shoe in foreground  |
| http://03bb529.netsolhost.com/vtymca/wp-content/uploads/2015/10/Green-YMCA-Logo-Areas-of-Focus2.png**WALK WITH EASE****The Arthritis Foundation’s program for people 60 and over that is proven to reduce the pain of arthritis and improve your overall health.*** No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation’s 6-week Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Studies at Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is a proven program. |
| http://03bb529.netsolhost.com/vtymca/wp-content/uploads/2015/10/Green-YMCA-Logo-Areas-of-Focus2.png |
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| **Walk With Ease Program**www.arthritis.orgProven to reduce the pain of arthritisIncrease Balance, Stength and Walking PaceBuild confidence in your ability to be physically ActiveE:\Marketing\Logo blue.jpg |
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| Ridley YMCA900 South AvenueSecane, PA 19018Register: Front Desk or Call 610-544-1080Dates/Times: Monday, Wednesday and Fridays, 12:30 to 2:00 pm February 26 through April 6 |
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