

Walk With Ease

When: Monday, March 2, 2026
thru Friday, April 10, 2026
(Mondays, Wednesdays and Fridays)

Time: 3:00 PM

Where: Cora Veal Senior Center



Join us for a rejuvenating six-week walking class starting in March 2026 at the Cora Veal Senior Center, located on the 2nd floor. This program, designed in accordance with the Arthritis Foundation's recommendations, offers a total of 16 classes to enhance your fitness and well-being. Classes will be held every Monday, Wednesday, and Friday, beginning promptly at 3:00 PM. This is a fantastic opportunity not only to improve your physical health but also to engage in delightful social interactions with fellow participants. Embrace the chance to stay active, make new friends, and enjoy the camaraderie in a supportive environment. We look forward to walking with you!

