

ARTHRITIS FOUNDATION WALK WITH EASE PROGRAM – WISC.

WHAT IS THE ARTHRITIS FOUNDATION WALK WITH EASE PROGRAM?

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation Walk with Ease Program can help. The program will teach you how to safely make physical activity part of your everyday life. Unlike many other walking programs, Walk with Ease offers support, information and tools to help you keep walking a regular part of your life. You can do the program on your own or be part of a walking group listed below. By going to classes, you'll learn how to manage arthritis pain and handle any challenges to your exercise plan. You will also get the support and tools you need to help set and reach your goals.

WHO IS ELIGIBLE TO PARTICIPATE?

The Walk with Ease program is designed for people with arthritis—young and old, male and female, fit and not-so-fit. It's also great for people with arthritis who would like to begin a regular walking program. Walking can help you manage your weight, which can reduce your risk for arthritis, heart disease and diabetes. If you can be on your feet for 10 minutes without increased pain, you can probably have success with Walk with Ease. The program can be modified to meet your needs. If you want to take part but have concerns about your health, consult your health care provider before you begin.

LENGTH, FREQUENCY, FEES AND OTHER SPECIAL REQUIREMENTS:

Classes are offered at various times and in many convenient locations. Dates and times of classes can be obtained by contacting one of the sites listed below. Fees for the Arthritis Foundation Walk with Ease Program are set by each facility. A facility may also require membership or have other special requirements. Contact the facility for more detailed information on their classes. Classes run for a six week period meeting two or three times per week.

Instructors have successfully completed the Arthritis Foundation Walk with Ease Program Instructor Training Workshop.

Barron County

Chetek Community Center
711 First Street
Chetek, WI 54728
715-924-3121

Fond Du Lac County

All About Life Rehabilitation Center
115 E. Arndt Street
Fond Du Lac, WI 54935
920-923-7040

Marinette County

Greater Marinette-Menominee YMCA
1600 West Drive
Menominee, MI 49858
906-863-9983

Brown County

The Salvation Army
626 Union Court
Green Bay, WI 54303
920-593-2362

Jefferson County

Ixonia Park & Recreation Dept.
W1195 Marietta Avenue
Ixonia, WI 53036
920-261-7413

Menominee County

Menominee Tribal Clinic
W3275 Wolf River Drive
Keshena, WI 54135
715-799-5759

Bayfield County

Bayfield County Health Department
117 E. 6th Street
Washburn, WI 54891
715-373-6109

Kenosha County

Kenosha YMCA
7101 53rd Street
Kenosha, WI 53144
262-654-9622

Milwaukee County

Clement Manor
3939 S. 92nd Street
Greenfield, WI 53228
414-329-5370

Oaks at Northern Lights

702 E Bratley Drive
Washburn, WI 54891
715-373-5621

La Crosse County

**Bethany Lutheran Homes –
Eagle Crest**
351 Mason Street
Onalaska, WI 54650
608-779-1700

Clinton & Bernice Rose Senior Center

3045 N. Martin Luther King Jr. Drive
Milwaukee, WI 53212
414-263-2255

Willow Manor

68290 N District Street
Iron River, WI 54847
715-372-6005

Langlade County

**Langlade County Health
Services Facility**
1225 Langlade Road
Antigo, WI 54414
715-627-6232

Crestview Senior Apartments

3904 S. Prairie Hill Lane
Greenfield, WI 53228
608-354-0846 ext. 218

Calumet County

Calumet County ADRC
206 Court Street
Chilton, WI 54169
920-740-9572

Manitowoc County

Manitowoc – Two Rivers YMCA
205 Maritime Avenue
Manitowoc, WI 54220
920-482-1522

Franklin Community Education & Recreation Department

8222 South 51st Street
Franklin, WI 53132
414-423-4646

Dane County

Middleton Senior Center
7448 Hubbard Avenue
Middleton, WI 53562
608-831-2373

Two Rivers Senior Center

1520 17th Street
Two Rivers, WI 54241
920-793-5596

Gerald L. Ignace Indian Health Center

1711 S. 11th Street
Milwaukee, WI 53204
414-383-9526

Dodge County

Beaver Dam Senior Center
114 E. 3rd Street
Beaver Dam, WI 53916
920-887-4639

Marathon County

ADRC of Central WI – Wausau
1000 Lakeview Drive
Wausau, WI 54402
715-261-6070

Holy Redeemer Church of God in Christ

3500 West Mothers Daniels Way
Milwaukee, WI 53209
414-466-1800

Dunn County

**Menomonie Recreation Department
– Shirley Doane Senior Center**
1412 6th Street
Menomonie, WI 54751
715-232-4006

Luther Manor

4545 N. 92nd Street
Wauwatosa, WI 53225
414-464-3880
(Residents only)

(Milwaukee County Cont.)

O.A.S.I.S. Senior Center

2414 W. Mitchell Street
Milwaukee, WI 53201
414-467-6041

Washington Park Senior Center

4420 W. Vliet Street
Milwaukee, WI 53208
414-933-2332

West Allis Senior Center

7001 West National Avenue
West Allis, WI 53214
414-302-8700

Wilson Park Senior Center

2601 W. Howard Avenue
Milwaukee, WI 53221
414-282-5566

Monroe County

First United Methodist Church

1105 Butts Avenue
Tomah, WI 54660
608-372-4543

Oconto County

Tri Fitness, LLC

15048 Otto Lane
Mountain, WI 54149
715-276-9401

Oneida County

Oneida County Department

on Aging
1103 Thayer
Rhineland, WI 54501
715-369-6170

YMCA of the Northwoods –

Rhineland Branch

2003 Winnebago Street
Rhineland, WI 54501
715-362-9622

Outagamie County

Appleton, Inc.

825 E. Wisconsin Ave
Appleton, WI 54912
920-991-8473

(Employees, spouses, & retirees)

Appleton Park & Recreation Dept.

100 N. Appleton Street
Appleton, WI 54911
920-832-5905

Ozaukee County

Ozaukee County Public Health

Department

121 W. Main Street
Port Washington, WI 53074
262-238-8170

Port Washington Senior Center

403 W. Foster Street
Port Washington, WI 53074
262-284-5812

Portage County

Ministry Point Sports Medicine

900 Illinois Avenue
Stevens Point, WI 54481
715-346-5416

Rock County

School District of Beloit

(employees only)

1633 Keeler Avenue
Beloit, WI 53511
608-361-4181

Sheboygan County

Meadow View Manor

3613 South 13th Street
Sheboygan, WI 53081
920-458-4040

Vilas County

YMCA of the Northwoods –

Eagle River Branch

1812 Pleasure Island Road
Eagle River, WI 54521
715-479-9500

Walworth County

Society's Assets, Inc.

(Held at Lake Lawn Resorts)

2400 E. Geneva Street
Delavan, WI 53115
262-723-8181

Washburn County

Washburn County Senior Center

850 W. Beaverbrook Avenue, Suite 3
Spooner, WI 54801
715-635-4460

Washington County

Jackson Area Community Center

N165 W20330 Hickory Lane
Jackson, WI 53037
262-677-9665 ext. 103

Waukesha County

**City of Waukesha Parks, Recreation,
& Forestry Dept.**

(Held at Schuetze Recreation Center)

1120 Baxter St
Waukesha, WI 53186-3884
262-524-3718

Lake Country Life Enrichment Center

1306 W. Wisconsin Avenue
Oconomowoc, WI 53066
262-354-1375

St. Leonard Congregation

W173 S7777 Westwood Drive
Muskego, WI 53150-9160
262-679-1773

**School District of Menomonee Falls –
Community Educ. & Rec.**

(Held at Thomas Jefferson School)

W165 N8301 La Vergne Avenue
Menomonee Falls, WI 53051
262-255-8469

Waupaca County

Waupaca Senior Center

407 School Street
Waupaca, WI 54981
715-258-4437

Winnebago County

**Affinity Health Systems Mercy
Medical Center**

500 S. Oakwood Road, Suite 207
Oshkosh, WI 54904
920-223-2279

(Employees only)

Evergreen Retirement Community

1130 North Westfield Street
Oshkosh, WI 54902
920-237-2160

Wood County

ADRC of Central WI – Wisconsin Rapids

220 3rd Avenue South
Wisconsin Rapids, WI 54495
715-421-0014

NewPage Corporation

321 4th Ave North
Wisconsin Rapids, WI 54495
715-422-3396

(Employees only)

**Arthritis Foundation,
Upper Midwest Region**

(800) 333-1380

WEB SITE: www.arthritis.org