



# Arthritis Foundation Walk With Ease Leader Training

## Initial Leader Certification

### 4 DIFFERENT TRAINING OPTIONS!

<u>ONLINE TRAINING*</u>	<u>IN-PERSON TRAINING*</u>	<u>IN-PERSON TRAINING*</u>	<u>IN-PERSON TRAINING*</u>
<b>Mon, March 12 - Fri, March 16</b> Time: Anytime between those dates	<b>Friday, March 23rd, 2012</b> Time: 10:00am - 3:30pm	<b>Friday, April 20th, 2012</b> Time: 10:00am - 3:30pm	<b>Friday, May 18th, 2012</b> Time: 10:00am - 3:30pm
<b>Where</b> After receiving registration, further instructions will be sent out about the online training.	<b>Where</b> <b>Lac du Flambeau - Lake of the Torches Resort</b> 510 Old Abe Road Lac du Flambeau, WI 54538	<b>Where</b> <b>Schmitt Woodland Hills</b> 2nd Floor Activity Room 1400 W. Seminary Street Richland Center, WI 53581	<b>Where</b> <b>Milwaukee County Dept. on Aging</b> 1220 W. Vliet Street Milwaukee, WI 53205
<b>Deadline to Apply</b> Wednesday, March 7th	<b>Deadline to Apply</b> Wednesday, March 14th	<b>Deadline to Apply</b> Wednesday, April 11th	<b>Deadline to Apply</b> Wednesday, May 9th

\*You do not attend both trainings, you choose either in-person or online.

<u>Fee</u>	<u>Trainer</u>	<u>Check-in time</u>
\$50 Initial Leader Certification Cost includes manual and all materials <b>Make checks payable to:</b> Arthritis Foundation, Upper Midwest Region (Sorry – No refunds)	Marj Chepp	Please arrive 15 minutes before posted time for check-in

The Arthritis Foundation Walk with Ease Program provides a series of classes to help:

- \* Reduce arthritis pain & discomfort
- \* Increase balance, strength, & walking pace
- \* Build confidence to be physically active
- \* Improve overall health

Attend the training to become a Certified Walk with Ease Leader and start teaching in your community today!

If you'd like to learn more about the training, please contact Alison.



### ACCEPTANCE OF YOUR REGISTRATION WILL DEPEND UPON THE FOLLOWING:

- Submitting a completed training application form & payment
- Program Co-Sponsorship Agreement with facility on file with the AF Upper Midwest Region (please call Alison for further details)
- Current CPR certification
- SPACE LIMITED! (limited enrollment of 20 for in-person & 15 for online)
- DEADLINES: Registration must be received by dates listed above
- NO WALK-INS OR LATE REGISTRATIONS ACCEPTED!!!

### Fax, e-mail, or mail completed application, payment, and copy of CPR Card to:

Alison Eschweiler  
Health Promotion Coordinator  
Arthritis Foundation Upper Midwest Region  
1650 South 108<sup>th</sup> Street  
West Allis, WI 53214-4021

Fax: (414) 321-0365  
Email: [aeschweiler@arthritis.org](mailto:aeschweiler@arthritis.org)  
Tel: (414) 329-4603, Ext 223