

A PROGRAM FOR BETTER LIVING

# WALK WITH EASE

6 -Week Virtual Walking Program

## GET MOTIVATED TO GET MOVING THIS SPRING!

Join Health Coach Lori Hubbard for this virtual walking program on Mondays starting April 29th.

Whether you're looking for relief from joint pain or to add more exercise into your routine, this program is an excellent place to start!

Lessons are presented weekly online and incorporate activities from the Walk With Ease e-guidebook.\*

Open to all active State of New Hampshire Employees & their families.

*"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."*

- Walk With Ease participant

**MONDAYS**  
**APRIL 29TH - JUNE 9TH**

**REGISTER HERE**

**SELECT SECOND GROUP OPTION:**

**STATE OF NH EMPLOYEES**

email confirmation will include the link to the virtual class

**QUESTIONS?**

email: [lori.hubbard@anthem.com](mailto:lori.hubbard@anthem.com)