



Walk With Ease Program

Suffering from pain due to arthritis?

Divine Savior Healthcare's Walk With Ease program at La Vita can help relieve your symptoms and support your health care needs.

Program Details:

Walk With Ease is both an educational and hands-on program, promoting self-management and getting you on-the-move to walking safely and comfortably.

This 6 week program meets 3 times per week with the primary focus on walking activity.

The Walk With Ease program is supported by the Arthritis Foundation. Staff leading the program have been trained and certified by the Arthritis Foundation.

Weekly Schedule:

Days: Monday, Wednesday and Friday
Time: 12:30 p.m. – 1:30 p.m.

How to Enroll:

Participants can begin this program at any time. Physician referral is required for participation. Once you received physician clearance, please contact La Vita member services to register at **(608) 745-3800**.

Cost (for 6 week session):

\$60 for current La Vita members
\$96 for non-members

*Programming fees are due in full at time of enrollment.

*Walk With Ease is a complimentary program for pre-operative total knee or total hip replacement patients.

Ask about La Vita membership post-class special rates!

