

Pasadena Village invites you to participate in this free walking program!



Thursdays, January 26 through March 9, 9:00-10:30 AM
Lacy Park, 1485 Virginia Rd, San Marino, CA 91108*

Walk safely and comfortably, motivate yourself to get in shape, reduce arthritis or other joint pain. Walking is the central activity of the Walk With Ease program but it also includes health education, stretching and strengthening exercises, and motivational strategies. The Arthritis Foundation's certified *Walk with Ease* program leader will lead the walks, address specific concerns, and offer personalized exercise modifications as needed.

Pasadena Village, a nonprofit organization that helps older adults support each other as they age-in-place, is offering this free seven-week journey to better health. Join fellow older adults to build the community of support you need to feel great. Meet at the war memorial on the Virginia side of the park. Look for the Pasadena Village signs. Free for 55+

Contact Pasadena Village Office for information or to register at 626 765 6037 or info@pasadenavillage.org.

**Pasadena Village requires those who attend in-person gatherings be fully vaccinated, or have had a negative COVID-19 test within 72 hours.*



This free program is funded by the Rotary Club of San Marino.

About Pasadena Village

Pasadena Village is an intentional community of adults over 55 who support each other while living independently in their homes. Over 130 Members (and growing) engage in a robust calendar of member-led discussion groups, social activities, support groups, and educational programs.

626 765 6037 / info@pasadenavillage.org / www.pasadenavillage.org