

'Walk with Ease' begins late January in Calvert

Posted by [Alan Van Wormer](#) On 01/09/2019

PRINCE FREDERICK, Md. – The Calvert County Department of Parks & Recreation, in partnership with the Arthritis Foundation, will offer a six-week Walk With Ease program beginning Monday, Jan. 28. The program is designed to help citizens with arthritis pain begin safely incorporating exercise into everyday life. Sessions will be held every Monday, Wednesday and Friday through March 11 from 10-11:30 a.m.

Walk With Ease can help reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; and improve overall health. To learn more, residents are invited to an information session scheduled for Wednesday, Jan. 16. The session is from 10-11 a.m. at Northeast Community Center located at 4075 Gordon Stinnett Ave. in Chesapeake Beach.

For additional information, please contact the Calvert County Department of Parks & Recreation at 410-535-1600, ext. 8211 or 8205. Citizens with speech or hearing impairment can contact Maryland Relay at 800-735-2258. Calvert County services are accessible for individuals with disabilities.

For updates on Parks & Recreation services, park availability, field closures and more visit Parks & Recreation at www.Facebook.com/CalvertCountyParks. Like Calvert County Government on Facebook.

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