



**Arthritis
Foundation®**

Join us for refreshing walks & arthritis education ...

Walk with Ease

Take control of arthritis by
learning how to manage
arthritis and connecting with
others who understand the
challenges!

**WEDNESDAYS 10AM
OCTOBER
7, 14, 21 & 28**

AT THE BEAUTIFUL
LOS LUCEROS HISTORIC SITE

WALK,
BREATHE,
RECHARGE



*All ages and
fitness levels are
welcome*

Come walk your way to better health—
physically, mentally, and emotionally.
Let's take steps together toward a
healthier, more arthritis free you!

To register, please visit:

www.prescommhealthclasses.com/book-online

or call: 505-578-4523/email
Joy at jczmyrid@nmsu.edu

 **PRESBYTERIAN**
Community Health



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Rio Arriba County Extension Office

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Joy Czmyrid in advance at (505)578-4523 or jczmyrid@nmsu.edu.

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