



City of Lake Charles

Recreation & Parks Department



Lake Charles is Moving come "Walk with Ease"!

May 7th through June 15th, 2018

Monday, Wednesdays & Fridays

10:00AM—11:30AM

2 Locations

Purple Heart Recreation Center
4305 Ave H
337-491-1277

Willie McCullor Landry Center (formerly Drew)
416 Dr. Michael DeBakey Dr.
337-491-1498

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health



The City of Lake Charles fully complies with Title VI of the Civil Rights Act of 1964, Americans with Disabilities Act, and related statutes, executive orders, and regulations in all programs and activities. The City operates without regard to race, color, national origin, income, gender, age, and disability. Any person who believes him/herself or any specific class of persons, to be subjected to discrimination prohibited by Title VI/Americans with Disabilities Act may by him/herself or by representative file a written complaint with the City of Lake Charles. The City's Title VI Coordinator/ADA Coordinator may be reached by phone at (337) 491-1440, the Mayor's Action Line at (337) 491-1346, or contact the appropriate Department Head.

For more information call 337-491-1280