



Walk With Ease

The Center for Active Living and Learning at the University of Central Oklahoma in partnership with the Areawide Aging Agency of Oklahoma City will be providing the Arthritis Foundation's Walk With Ease class at a location near you.

What is Walk With Ease?

Walk With Ease is an 18 session group fitness class where you'll be able to increase endurance and overall health in a safe, comfortable setting. The class is open to anyone!

There is no cost to participants; however, donations are appreciated and used to maintain and expand services.

Grand Tapestry at Quail Springs

14101 N. Kentucky Ave.
Oklahoma City, OK 73134
Located at NW 140th and
Pennsylvania Ave.

Classes begin August 15th, 2017

Tues/Thurs 11:00a – 12:00p

NOTE: Classes will be held outside on most days.

Enroll for free by emailing

call@uco.edu or call 405-974-5309

The project makes no distinctions on the grounds of race, color, gender, age, ancestry, national origin, religion, or disability. A portion of the project costs are met by state and federal OAA funds from Areawide Aging Agency and OKDHS Aging Services.