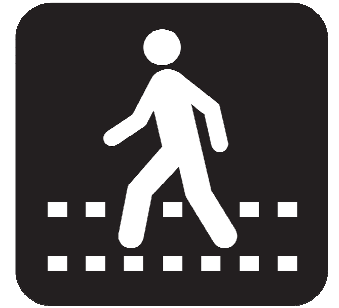


DESIGNED BY THE ARTHRITIS FOUNDATION

"WALK WITH EASE"



ICCOA is launching a fun, NEW in-person
"WALK WITH EASE" outdoor class.
Learn how to SAFELY make physical
activity part of your everyday life.

Mask up & join us for a walk about
downtown Ionia!

Caregivers are welcome to join.

STARTS SOON, call to register:
(616) 527-5365.

