



Florence County Health Department

501 Lake Ave PO Box 410 Florence, Wisconsin 54121 715-528-4837
A.Seibold, RN, MS Health Officer/Director



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Ann Price
Florence County Health Department
715.528.4278
annpirce@co.florence.wi.us

Fourth Annual Walking with Ease Class Offered in Florence County

Florence, WI – Are you as active as you want to be? How does being active help fight chronic disease? The Florence County Community Health Improvement Plan 2020-2025 determined chronic disease prevention as the third most important health priority for Florence County, after Alcohol and Other Drug Abuse and Mental Health. The 2020 Community Health Rankings obesity rate for Florence County was 34% whereas the state of Wisconsin was better at 31%. Florence County and the state of Wisconsin's obesity rates have increased over the last year. Our residents also reported being more physically inactive at 26% whereas the state of Wisconsin was 21%.

In order to provide opportunities for physical activity, the Florence County Health Department will be offering the evidence-based program "Walk with Ease" targeting all adults. Walk with Ease is a program for better living that is promoted by the Arthritis Foundation. It is an exercise and education program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease. The benefits of the program are to motivate you to get in great shape, walk safely and comfortably, improve your flexibility, strength and stamina and reduce pain.

Physical exercise increases your resiliency against diabetes and heart disease which are the leading chronic diseases locally and nationally. Physical exercise has also been shown to improve mental health, balance and strength.

If you want to take part but have concerns about your health, consult your health care provider before you begin. Classes are one-hour each, three times per week for six weeks. Classes begin Monday, July 20, 2020 from 3-4p on Monday, Wednesdays and Fridays at the lower level of the Wild Rivers Interpretive Center. Due to COVID recommendations, class size will be limited to 10 participants. Please call Sara Jerue at the Florence County Health Department 715-528-4837 for further information and to register. Walk with Ease books will be provided free through the ADRC of Florence County.

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Connecting you to a **Better Life!**