

WALK WITH EASE

a program for better living

Experience the
Walk With Ease Program
Arthritis Foundation **Certified.**
Doctor **Recommended.**



FREE Leader Training and
Certification in *Walk With Ease*,
a low-intensity walking program

Financial and technical assistance
are available for organizations and
individuals interested in offering a
Walk With Ease program.

*Start a program in your community
or at your workplace this fall!*

Program materials, lunch and certification are included in training.
If interested, please sign up for training no later than August 28th.

Research shows that *Walk with Ease* can help:

- ▶ Decrease disability, pain, stiffness, and fatigue
- ▶ Improve self-confidence, control over arthritis, balance, and strength
- ▶ Teach people how to walk safely and comfortably
- ▶ Motivate people go get and stay active!

When: September 6th, 9:00- 11:00 am.

Where: Portland Food Innovation Center.
1207 NW Naito Pkwy Portland, OR 97209.

Contact information:

Katie Conte
541-737-3173
Katie.conte@oregonstate.edu