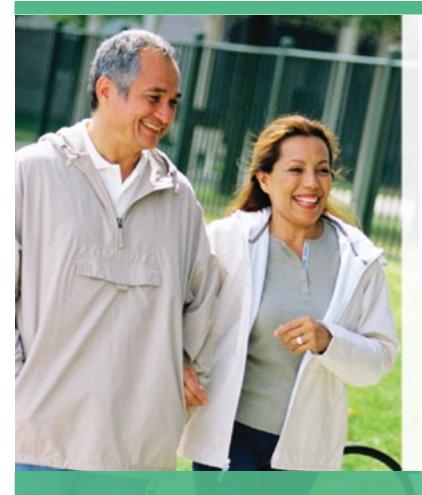
## WALK WITH EASE

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:**

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