

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 is available
for organizations and individuals interested in
starting a Walk With Ease program.

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

Contact information:

Katie Conte
541-737-3173

Katie.conte@oregonstate.edu

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

Benefits of Walk With Ease

Evidence shows that Walk with
Ease can help:

- ▶ Decrease disability, pain, stiffness, and fatigue
- ▶ Improve self-confidence, control over arthritis, balance, and strength
- ▶ Learn how to walk safely and comfortably
- ▶ Reduce pain and feel great

TWO training dates available!

September 6th, 9:00a - 1:00 pm.
Portland Food Innovation Center.
1207 NW Naito Pkwy Portland, OR 97209.

September 11th, 9:00a - 1:00 pm.
Tuality Health Education Center
334 SE 8th Ave, Hillsboro, OR 97123