

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. You can
register with a friend to co-lead!

*Start a program in your
community or at your workplace*

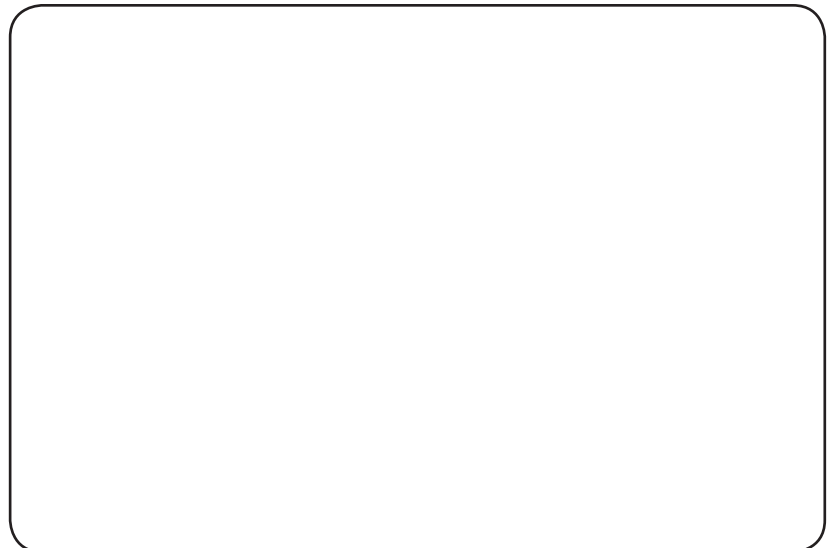
Contact information:

Program, materials, lunch and certification are included.

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



*Trainees are required to lead at least one class
within one year of their free training

Oregon State
UNIVERSITY

Extension
Service

 **ARTHRITIS**
FOUNDATION®