

WALK WITH EASE

VIRTUAL CLASS

Join this walking program by phone or computer regardless of age, ability or location!



START WALKING THIS SPRING

Walk With Ease is a simple fitness program free to all Oregonians. The program aims to:

- Reduce pain
- Build confidence in being physically active
- Improve overall health
- Enjoy connecting with others across the state

Class will meet twice a week virtually for 6 weeks and help you create your own walking plan. Free resources and individual support provided to help you be successful!

JUNE 1ST – JULY 13TH
TUESDAYS & THURSDAYS
12:00-12:30PM

Register at

<http://walk.oregonstate.edu>

walk@oregonstate.edu | 541-737-3173



Oregon State
University



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