

# WALK WITH EASE

Walk With Ease is an evidence-based physical activity program, developed by the Arthritis Foundation. It is proven to reduce pain associated with arthritis and improve overall health.

In Oregon, the program is **offered in-person, virtually, and as a self-directed program** through the Oregon State University Extension Service. This program is available in English and Spanish.



**As part of the program, participants will learn to:**



Exercise Safely



Develop a Plan



Stretch and Strengthen



Overcome Barriers

**Participants also get a FREE Walk with Ease guidebook.**

**Call (833) 673-9355 to learn more about Walk With Ease.**

