

WALK WITH EASE

CLASS INFORMATION:

- **November 6th to December 15th**
- Receive 100 Points
- This is a hybrid class with one one-hour in-person class a week. And 2 online self-paced classes a week.
 - **Wednesdays, 5:30 - 6:30pm**
(light refreshments provided)
- **Location: South Redwood**
- Improve flexibility, strength, stamina, reduce pain, and feel GREAT!



The Arthritis Foundation's Walk With Ease Program is a movement program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can enjoy success with Walk With Ease.

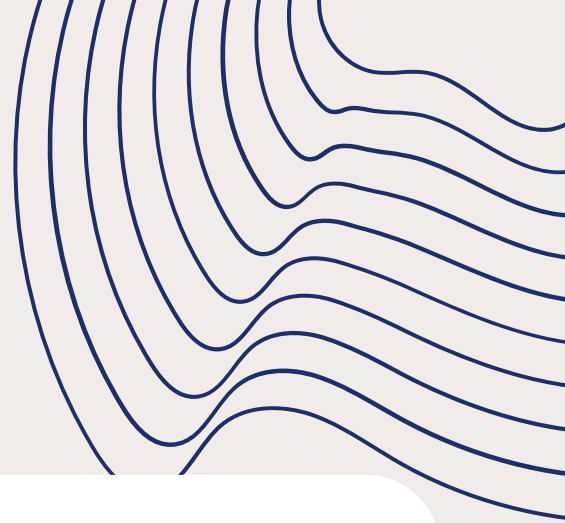


 **REGISTER TODAY!**

**"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build gradually. Now I am confident in my ability to walk easily without making arthritis worse."
- Walk With Ease participant**

Walk with Ease

Frequently Asked Questions



What is Walk with Ease?

The Arthritis Foundation's Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

Who should participate in the program?

Walk With Ease is for adults with arthritis who want to be more physically active. The program is also for adults without arthritis, particularly those with diabetes, heart disease or other chronic conditions who wish to be more physically active. The only requirement is the ability to stand for at least 10 minutes without increased pain.

What are the benefits of taking the class?

Walk With Ease is proven to:

- Improve physical and mental health
- Teach proper stretching and pain management techniques
- Build stamina, strength, confidence and walking pace
- Improve workplace limitation

Are there any WellStep points offered?

Yes! If you complete the certification and send us your certificate, you can achieve 100 points AND be entered to win a year long national parks pass.

QUESTIONS?

CONTACT US!
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