

# WALK WITH EASE

a program for better living

Experience the  
**Walk With Ease Program**  
Arthritis Foundation **Certified.**  
Doctor **Recommended.**



“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 up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— *Walk With Ease participant*

[walk.oregonstate.edu](http://walk.oregonstate.edu)

**This an exercise program that can reduce pain and improve overall health.** If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

## Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

**Special thanks to our partners!**

### **In-person walking group in Brookings, OR**

**Meets twice a week: Weds/Fri from 10am-11am**

**Start date: Weds, September 21st**

**Last day: Fri, November 18th**

**Meeting location: Azalea Park  
(Kid Kastle) Brookings, OR**



This program is led by a Certified Health & Wellness Coach and trained WWE Instructors who encourage walkers to be their best and 'stay on track' to reach their health goals!

To register, visit: <https://beav.es/iE2>

To learn more, contact 541-373-3591

or email: [servida.wellness@gmail.com](mailto:servida.wellness@gmail.com)



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