



WALK WITH EASE

a program for better living

THE ARTHRITIS FOUNDATION'S PROGRAM PROVEN TO REDUCE PAIN AND IMPROVE OVERALL HEALTH.



Refer your patients to this free community program today! Walk With Ease is a simple fitness program free to Oregonians of all abilities.

Walk With Ease virtual classes are happening now through Oregon State University with the intent to reduce pain, build confidence, improve overall health, and connect with others.

Gain access to:

- Free guidebooks
- Virtual classes
- Exercise videos
- Pain management tips
- Walking diary
- Online progress tracking

REGISTER TODAY:

<http://walk.oregonstate.edu>



Contact us to learn more



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