



# 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 self-directed online programs are happening now 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:

<https://compass.qtacny.org/workshop-registration/7288>



Contact us to learn more ▶▶▶

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