

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

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 all of our partners!



In-person walking group in Coos Bay

Meets twice a week each Wed/Fri from 10-11am

Start date: Wednesday, July 20

Last day: Friday, September 16

Meeting location: SWOCC Track,
1988 Newmark Ave, Coos Bay



This program is led by two Certified Health & Wellness Coaches who encourage walkers to be their very best and stay 'on track!' Special incentives offered, thanks to partner support.

To register, visit: <https://beav.es/iYg>
or to learn more, contact 541-373-3591
or email: servida.wellness@gmail.com



Extension
Service

