

# WALK WITH EASE

## SELF-DIRECTED PROGRAM

Take this simple walking program at your own pace!



### **This program is proven to:**

- Reduce pain
- Build confidence in being physically active
- Improve overall health

### **Participants will receive:**

- a FREE Walk With Ease guidebook
- Receive a series of 6 weekly emails to guide them through the program
- Learn how to be more physically active
- Set and work towards goals



**Oregon State**  
University

**FOR MORE PROGRAM INFO AND TO  
SIGN UP, VISIT:**

<http://walk.oregonstate.edu>