

WALK WITH EASE

SELF-DIRECTED PROGRAM

Take this simple exercise program
at your own pace!



PHYSICAL ACTIVITY
EASES **ARTHRITIS** PAIN



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

CS310632A

TO SIGN UP, VISIT: STARTWALKWITHEASE.ORG/OREGON

Walk With Ease is a simple fitness program available for free to all Oregonians.

The 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 FREE access to a comprehensive online portal to guide you through the program
- Learn to be more physically active
- Set and work towards goals



**Oregon State
University**