

WALK WITH EASE

a program for better living

Experience the
Walk With Ease Program
Arthritis Foundation **Certified.**
Doctor **Recommended.**



Everyone Is Welcome!

Are you looking for a safe and engaging space for your physical activity journey? Walking has multiple physical, cognitive, and social benefits!

You'll get the opportunity to meet fellow community members. Regardless of your fitness level, this program is tailored to suit your capability.

Our Program

When: June 4th- July 11th (6 weeks)
3 sessions per week - Tue, Wed, Thu.
Time: 8:30- 9:30 AM
Where: Senior Citizen Center
316 Good Ave, Nyssa, OR 97913
Cost: Free! Funded by OSU Extension

The Arthritis Foundation Walk With Ease Program is 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 great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

“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*

For Questions & RSVP

Oregon State University Extension Service

Please call (541) 881-1417 or
Email diazia@oregonstate.edu



Oregon State University
Extension Service
Malheur County

