

# Walk With Ease



## Start the Walk With Ease Program!

The Arthritis Foundation's Walk With Ease six week program is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Safely make activity a part of your life

## Walk With Ease includes a guidebook and a walking schedule and is:

- Offered at no charge to participants
- Provided in a self-guided or community setting

To enroll yourself or a patient in a self-guided Walk With Ease Program scan the QR Code below or go directly to the secure portal

<https://startwalkwithease.org/Identity/Account/Register/vdh>

For more information about a Community Walk With Ease Program contact:

