



# WALK WITH EASE

A FREE walking program designed to help you move safely and confidently.

Developed by the **Arthritis Foundation**, this evidence-based program combines:

- Guided walking sessions, gentle stretching, and strengthening exercises
- Pain management techniques
- A supportive group environment

**Participants receive a guidebook and structured walking plan to stay on track!**

## Who Can Join?

Walk With Ease is perfect for:

- Adults with **arthritis** looking to improve mobility
- Individuals with **chronic conditions** (diabetes, heart disease, etc.)
- Anyone wanting to become **more active!**

**Requirement:** You should be able to stand for at least 10 minutes without increased pain

## Why Join Walk With Ease?

This program is proven to help:

- Reduce **pain and stiffness**
- Improve **physical & mental well-being**
- Boost **strength, stamina, and confidence**
- Enhance **mobility & workplace productivity**

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