

The University of Vermont is partnering with the Vermont Department of Health to offer the Arthritis Foundation

# Walk With Ease

## Say Yes to Your Health!



The **Arthritis Foundation Walk With Ease Self-Directed Program** is a walking 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:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence
- Improve overall health

*“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*

Learn more about the Walk With Ease Program by visiting [www.arthritis.org/wwe](http://www.arthritis.org/wwe)

### Fun & Easy 6-Week Walking Program Includes:

- Walking Guidebook
- Weekly call with a UVM student
- Weekly educational email

### REGISTER:

[uvm.edu/osher/walk-ease](http://uvm.edu/osher/walk-ease)



or scan here!

**Cost: FREE**

**Email: [oshercenter@uvm.edu](mailto:oshercenter@uvm.edu)**

**Phone: 802-656-3252**

### Experience the Walk With Ease Program



Osher Center  
for Integrative Health

