

WALK WITH EASE

VIRTUAL CLASS

Start the New Year off on the right foot!

Join this walking program by phone or computer regardless of age, ability or location!

Walk With Ease this Winter!

WALK WITH EASE IS A SIMPLE FITNESS PROGRAM FREE TO ALL OREGONIANS. THE PROGRAM AIMS TO:

- REDUCE PAIN
- BUILD CONFIDENCE IN BEING PHYSICALLY ACTIVE
- IMPROVE OVERALL HEALTH
- ENJOY CONNECTING WITH OTHERS ACROSS THE STATE

CLASS WILL MEET TWICE A WEEK VIRTUALLY FOR 6 WEEKS AND HELP YOU CREATE YOUR OWN WALKING PLAN. FREE RESOURCES AND INDIVIDUAL SUPPORT PROVIDED TO HELP YOU BE SUCCESSFUL!

JAN 8TH - FEB 14TH
MONDAYS & WEDNESDAYS
9:30AM - 10:00AM

CAN'T MAKE THAT TIME? REGISTER TO RECEIVE RECORDED CLASSES.

<http://walk.oregonstate.edu>
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Ext. 25285



Oregon State
University



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