



Walk With Ease

The **Arthritis Foundation's Walk With Ease (WWE) program** is an evidence-based program that has been proven to improve the quality of life of people with arthritis. The program can benefit people with or without arthritis who want to live a healthier lifestyle. Walk With Ease is a fun, safe six-week program that people can do as a group with a trained leader or individually using the Walk With Ease guidebook. While walking is the central activity, Walk With Ease is a multi-component program that includes health education, stretching exercises, and motivational strategies to stay physically active.

Program	Description	Time	Audience	Cost
Walk With Ease Self-directed (WWE-SD)	An individual uses the Walk With Ease Guidebook to complete the six-week program on his/her own.	6 week program Walk 3 days/ week	Adults with arthritis pain or just want to be active.	Book purchase cost
Walk With Ease Self-directed Enhanced (WWE-SDE)	A group of individuals begin and end the six-week program at the same time. A leader coordinates communication to motivate and encourage you.	6 week program Walk 3 days/ week	Adults with arthritis pain or just want to be active.	Book purchase cost
Walk With Ease In-Person Group Program (WWE-Group)	The Walk With Ease (WWE) program helps develop a walking plan, helps you stay motivated and teaches how to exercise safely.	6 week program 1 hour class 3 classes/week	Adults with arthritis pain or just want to be active.	No cost or book purchase cost
Walk With Ease Worksite (WWE-Worksite)	The Walk with Ease in the Worksite program is a low-cost, 6-week walking program that can easily be integrated into an employer's wellness program or provide a starting point for a wellness program.	6 week program 1 hour class 3 classes/week	Adults with arthritis pain or just want to be active.	No cost or book purchase cost

Our vision is to empower adults to age well. All of our classes are no charge so register today, there is a workshop for everyone!