

# 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 8<sup>TH</sup> - FEB 14<sup>TH</sup>**  
**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

