



## Walk With Ease?

It's possible — even with arthritis!

If you're looking for relief from arthritis pain or just want to be active, the **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain. It's also ideal for people without arthritis who want to make walking a regular habit. Based on research and tested programs in exercise science, behavior change and arthritis management, Walk With Ease is shown to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build your confidence to be physically active
- Improve overall health

Find an Arthritis Foundation Walk With Ease workshop near you. Visit [wihealthyaging.org](http://wihealthyaging.org) and click on **Find a Workshop**.

## What is Walk With Ease?

The Arthritis Foundation's Walk With Ease program is an evidence-based intervention that has been proven to improve the quality of life of people with arthritis. People without arthritis who want to make walking a regular habit can benefit too.

**1 in 4**  
adults in the U.S.  
are affected by  
arthritis.

Participants meet for 1 hour, 3 times a week, for 6 weeks and are guided by a certified leader who provides information, support and the tools needed to help participants set and reach their goals.

### Walk With Ease helps you build confidence

in your ability to manage your arthritis. You'll learn:

- ◆ The basics about arthritis and the relationship between arthritis, exercise, and pain
- ◆ How to exercise safely and comfortably
- ◆ Ways to make walking fun
- ◆ How to make a personal walking plan with realistic goals for improved fitness
- ◆ Tips and strategies that will help you stick with it — even when you don't feel like exercising or things get in your way
- ◆ About programs and resources to help you keep up your walking and even branch out to other exercise and self-management programs that people with arthritis enjoy.







For more information contact:  
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For a schedule of workshops in  
 Milwaukee County visit the  
 Aging & Disabilities Service's website:  
[county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)



The Arthritis Foundation is the Champion of Yes. Leading the fight for the arthritis community, the Arthritis Foundation helps conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections.

[arthritis.org](http://arthritis.org)



MILWAUKEE COUNTY  
 DEPARTMENT OF HEALTH  
 & HUMAN SERVICES

**AGING & DISABILITIES  
 SERVICES**



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Learn more about this and other  
 healthy aging programs by visiting  
**[wihealthyaging.org](http://wihealthyaging.org)**



**Don't let arthritis sideline you!  
 Walk With Ease can get you back  
 in the game.**

Walk With Ease is proven to make a big  
 difference in your health and your life.  
 In just 6 weeks, you can learn to take  
 charge of your health and get back to  
 doing the things that matter to you.