

WALK WITH EASE



Walk With Ease is a free walking program for anyone who wants to move more, reduce pain, and engage safely and comfortably in a gentle walking program. Join us for camaraderie and virtual support twice a week then walk or roll when it is convenient for you.

This evidence-based program can:

- Reduce pain
- Build confidence in being physically active
- Improve overall health

Participants will:

- Receive a FREE Walk With Ease guidebook
- Participate in 12 bi-weekly virtual meetings
- Learn how to safely and comfortably be more active
- Set and work towards goals

6-week virtual program:

Tuesdays and Thursdays 11am-noon, starting, May 17

New programs start every 3 months.

Move more and connect with other Oregonians 50 and older who want to become more active.

The classes are virtual, but the results are real.

Limited or no “Zoom” experience?

Questions? No problem! Call the Newport 60+ Activity Center at (541) 265-9617 to arrange for a tutorial by phone or in person.

This program is offered in partnership with LCOG Senior and Disability Services, The Newport Parks & Recreation 60+ Activity Center, the National Recreation and Parks Association, Samaritan Health Services, and OSU Extension Service.

TO SIGN UP, VISIT:
<https://bit.ly/3LTtwTD>