

## **Walk With Ease Classes are coming to DHSS starting September 17th<sup>th</sup>!**

Join your co-workers and sign up for the Arthritis Foundation's six week *Walk With Ease* program! The program can teach you how to safely make physical activity part of your everyday life. No matter if you need relief from arthritis pain or just want to be active, this program is for you!

### **Benefits of the *Walk With Ease* Program**

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that *Walk With Ease* is proven to:

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

### **Facts about *Walk With Ease***

- There is no cost to participate
- Classes include time for walking
- It teaches how to safely make physical activity part of your everyday life
- Classes are lead by trained leaders
- Participants receive a resource book which includes walking logs
- Participants must complete a release form and information form before starting the class
- Each session includes health-related discussion topics and self-paced group walks

### **Comments from past participants**

- "I enjoyed the time together with the group. I enjoyed the book and found it helpful and believe it was a great tool to help teach others with walking. I like to walk and though it was a very useful class and beneficial for my exercise routine while at work. I was happy that it was a free program that it was offered at my workplace."
- "I wasn't sure that I would "fit in to the class" because I do not suffer from arthritis and was not able to relate-but that was not the case at all! I was able to gain knowledge on the details of walking that I've not thought about before. I feel that the instructor and the others in the class were inviting and excited about the program. This is my first time taking the class and I would recommend it to all of my co-workers. My classmates were great as well and it was neat to get to know people I wouldn't have met otherwise. I will plan to take this class again!"

**If you are interested, please email [worksitewellness@health.mo.gov](mailto:worksitewellness@health.mo.gov) by September 10th<sup>th</sup> to reserve your spot!**