

SELF-DIRECTED WALK WITH EASE

A self-paced program to help you walk safely and comfortably

“Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— *Walk With Ease* participant

Register for *Walk With Ease*—a 6-week program designed to increase physical activity and reduce joint pain. You walk on your own with the support of the guidebook and weekly emails.

If you are interested in increasing your physical activity levels safely and comfortably, *Walk With Ease* is for you. Plus, it can be a great motivator for state employees getting ready for the Miles for Wellness Challenge!

For more information, visit:

<http://healthyagingnc.com/walk-with-ease/>

To register by August 26, 2019, visit:

<https://bit.ly/2YqY62t>

A 6-week walking, goal setting & motivational program

Walk With Ease guidebooks available at no cost for the first 200 registered participants

Optional health and wellness resource coaching provided at no cost to the first 50 interested registered participants

