



North Carolina's Statewide Resource Center for **Evidence-Based Self-Management Programs**

HEALTHY AGING NC

Established in 2016

WELCOME TO SELF-DIRECTED WALK WITH EASE!

Healthy Aging NC is partnering with the Osteoarthritis Action Alliance to make the Self-Directed Walk With Ease program available at no cost to North Carolina adults who are new to physical activity, haven't been physically active in some time, and/or experience pain while being physically active. Those using a device like a cane or a walker can also participate.

ABOUT THE PROGRAM

Walk with Ease is a 6 week, evidence-based, community health program proven to reduce joint pain and stiffness and improve energy, stamina, strength, balance, activity, and independence. This program teaches participants to start walking safely and stick with it with the support of a guidebook and weekly engagements.

HOW IT WORKS

Create a free Walk With Ease account in [this portal](#) and complete the online registration. Once you receive your guidebook, log back in to your portal account to track your progress. You will also receive weekly emails to help guide and encourage you throughout the program. When you finish the 6 weeks, you will be asked to complete a short evaluation to help improve the program. Thank you for your interest in Walk with Ease!



REGISTER HERE

Register for the Self-Directed Walk with Ease program by clicking [here](#) or go to our website, healthyagingnc.com, for more information.



CALL US

Reach out at [828-255-7712](tel:828-255-7712) and we will connect you with the appropriate team member.



EMAIL US

Reach out at healthyagingncinfo@gmail.com and we will connect you with the appropriate team member.



REFER OTHERS

Submit a brief HIPAA compliant and encrypted form on our website to refer patients, friends, or family to the program.