

Free and Open to Everyone!



# Walk with Ease

Arthritis Foundation Certified • Doctor Recommended

*Walk With Ease* was developed for people with arthritis but anyone can participate and benefit from the program. The only requirement is the ability to stand for at least 10 minutes without increased pain.

The program shares strategies for walking safely and comfortably. The goal is for participants to continue their walking regime after the program ends.

All participants will receive the “Walk with Ease” guide book.

## CHOOSE FROM 1 OF 2 LOCATIONS:

**War Memorial Park,  
Martinsburg**

**Tuesdays March 29 –  
May 3 • 5:30 – 6:30 pm**

**Jefferson Medical Center  
Pavilion, Ranson**

**Wednesdays March 30 –  
May 4 • 12 noon – 1:00 pm**

**SPACE IS LIMITED.  
SIGN UP TODAY!**

Dana DeJarnett:  
304.264.1287, ext. 31814 / email [dana.dejarnett@wvumedicine.org](mailto:dana.dejarnett@wvumedicine.org)

Karin Kozlowski:  
304.264.1936 / [karin.kozlowski@mail.wvu.edu](mailto:karin.kozlowski@mail.wvu.edu)

**WVU**Medicine

**EXTENSIONSERVICE**

FAMILY NUTRITION PROGRAM

*A partnership between WVU  
Medicine and WVU Extension  
Family Nutrition Program*

**Walk With Ease  
will help you:**

- Walk safely and comfortably
- Improve your flexibility, strength, balance and stamina
- Reduce pain and feel great
- Improve overall health

**During the 6 weeks,  
participants will:**

- Understand the basics of arthritis, and the relationship between exercise and arthritis pain management
- Exercise safely and comfortably
- Make a personal walking plan and goals
- Learn about other programs to maintain physical activity



**Masks are  
suggested!**

*Mountains  
of Hope*  
West Virginia Cancer Coalition  
Collaborating to Conquer Cancer

*This project was paid for by the Comprehensive Cancer Program of the West Virginia Department of Health and Human Resources with support from Cooperative Agreement Number 6 NU58DP006300-02-04 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.*

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