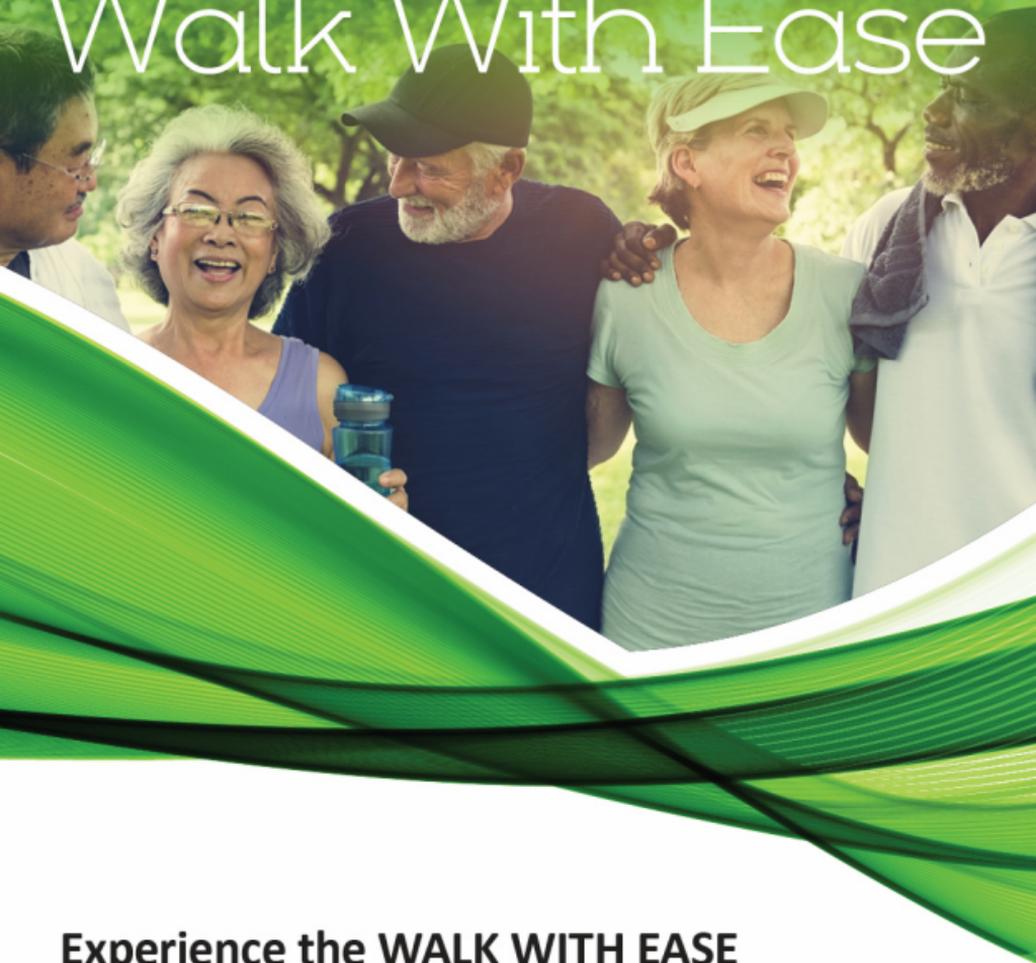


Walk With Ease



Experience the **WALK WITH EASE** Evidence-Based Program.

Arthritis Foundation **WALK WITH EASE** program is a 6-week exercise program that can reduce pain and improve overall health.

No matter if you need relief from arthritis pain or just want to be active, **WALK WITH EASE** will help you:

- Reduce pain and feel great.
- Walk safely and comfortably.
- Build confidence in your ability to be physically active.

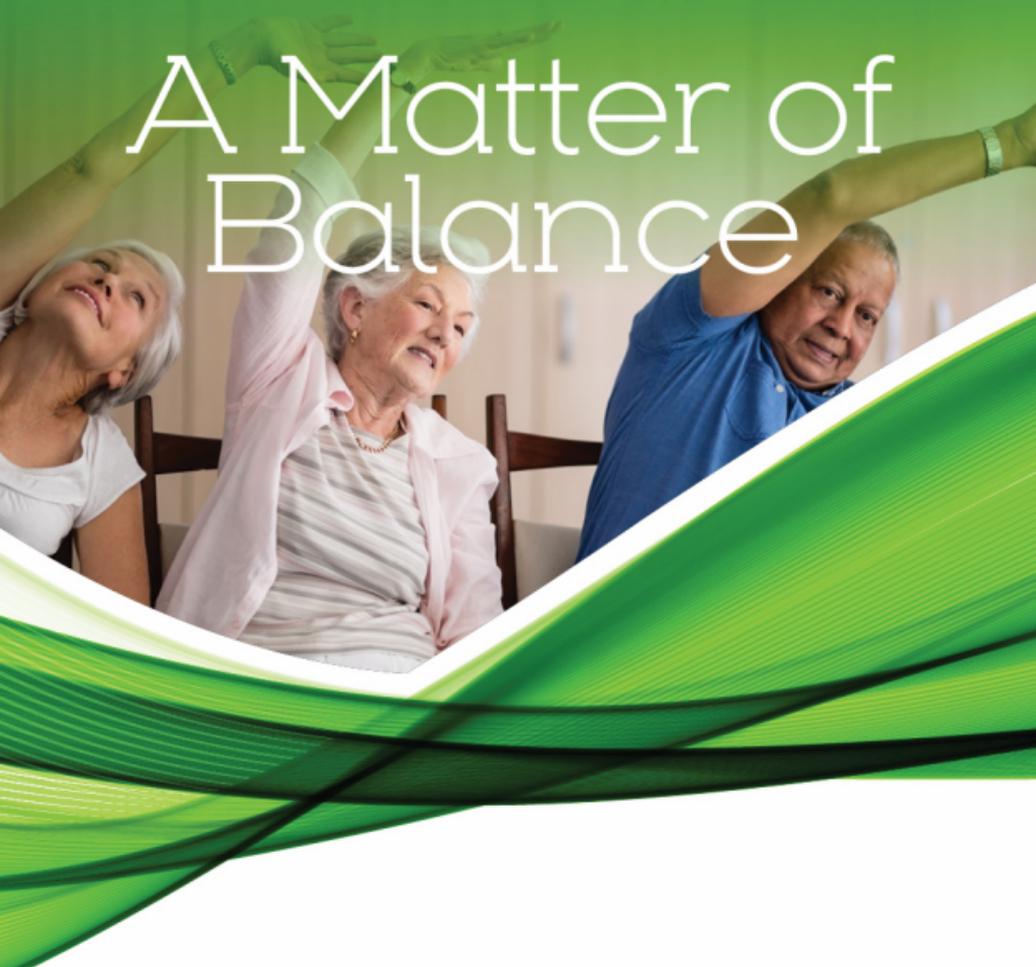
For more information about referring to evidence-based interventions please contact:



If you would like to find these evidence-based programs in your area, please go to the following secure link to be referred or scan the QR code. <https://bit.ly/VAArthritisSurvey>



A Matter of Balance



Many older adults are concerned about falling and restrict their activities. **A MATTER OF BALANCE** is an 8-week program designed to reduce the fear of falling and encourage daily activity.

You will learn to:

- View falls as controllable.
- Make changes to reduce fall risks at home.
- Exercise to increase strength, flexibility and balance.

Who should attend?

- Anyone concerned about falls.
- Anyone who has fallen in the past.
- Anyone who restricts activities because of falling concerns.

For more information about referring to evidence-based interventions please contact:



If you would like to find these evidence-based programs in your area, please go to the following secure link to be referred or scan the QR code. <https://bit.ly/VAArthritisSurvey>



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