

Move your way with Walk With Ease!

A program for better living

Anyone can sign up for Walk With Ease, including people with disabilities. Request accommodations at registration.



Move in a way that works for you. You will learn about ways to make movement safe and comfortable in a small, supportive group.

- Alternative choices for movement
- Reducing and avoiding pain with movement
- Safety tips for outdoor and indoor terrain
- You will walk and move together every session

FREE

1 hour class meets 2 time per week for 6 weeks.

Space is limited; Reservations required.

Dates: Oct 7 - Nov 20, 2025
Time: 2pm-3pm
Tuesdays & Thursdays
Place: In person
OSU Extension Office
996 Jefferson Street
Eugene, OR

Register:

Call: 541-682-4103
Email: LivingWell@lcoog.org
Scan QR code



**LANE COUNCIL
of GOVERNMENTS** Oregon



**Arthritis
Foundation**