## Arthritis Foundation Walk with Ease (WWE)

## Intake Process

Visit the website and register online for the Walk with Ease Program Interest
Webinar on Zoom.
Provider Refer
Yes
Report Problems
Call the Agency
Self Refer
Yes
Virginia Department of Health
http://www.vdh.virginia.gov/
https://www.vdh.virginia.gov/arthritis/walk-with-ease-program/
http://www.facebook.com/VDHgov
https://twitter.com/vdhgov
Main
(804) 864-7001

109 Governor Street
23219 VA
United States
Monday: 8:30 am-5:00 pm
Tuesday: 8:30 am-5:00 pm
Wednesday: 8:30 am-5:00 pm
Thursday: 8:30 am-5:00 pm
Friday: 8:30 am-5:00 pm
Saturday: Closed
Sunday: Closed
Fee Structure
No Fee
Languages Spoken
English

The Virginia Department of Health and the Arthritis Foundation offers the Walk with Ease (WWE) program. The program helps people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Led by a certified Arthritis Foundation Peer Leader, this program has been shown to reduce pain and increase balance and walking pace. During the sixweek WWE program, participants are encouraged to walk three times a week.

In a self-directed format, walkers read the WWE book and walk on their own. The program is offered to individuals who can be on their feet for 10 minutes without increasing their pain.

Register for the Walk with Ease Interest Webinar on the website. Start the WWE program on the website,

Visit the Virginia Arthritis Friendly Parks and Trails Map to locate parks and trails for walking.

Service Area(s)
Statewide

