

WALK WITH EASE

Walk or Roll Your Way to Improved Health!

Class Dates & Time:

July 7– Aug. 15, 2025

Mon. Wed. & Friday at 10:30 AM

FREE to Participate!

Location:

Chiloquin Community Center

140 S. First Ave.

Chiloquin, Oregon 97624

This program developed by the Arthritis Foundation is proven to:

- Reduce pain
- Build confidence in being physically active
- Improve overall health

Participants will receive:

- a FREE Walk With Ease guidebook and water bottle
- Receive guidance from a trained leader
- Tips, goal setting, encouragement to be more physically active, and more!

Pre-register by July 2, 2024

To register contact: OSU Extension Service or Ellen Radcliffe

ellen.radcliffe@oregonstate.edu

541-883-7131

Persons of all ages and ability level are welcome!



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Funded by OSU Extension and Oregon SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211.

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Questions or accommodations for disabilities can be made by contacting: ellen.radcliffe@oregonstate.edu

