



# Walk With Ease Program - Six weeks, self paced

## *Arthritis Foundation Certified*

### *Doctor Recommended*

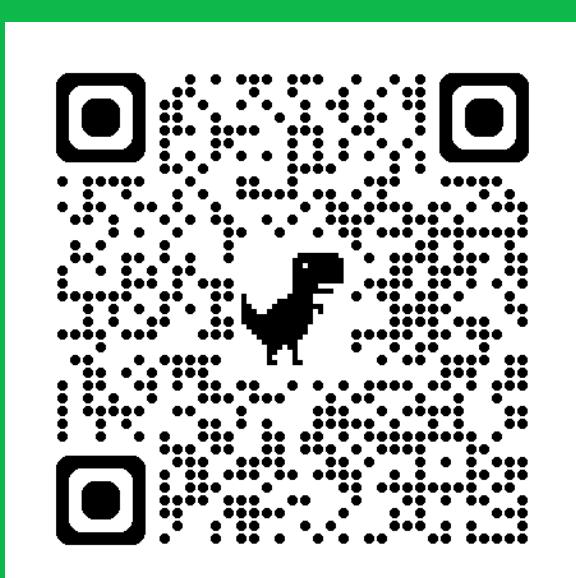


Jan 19 - Feb 23, 2026

#### **SELF-PACED**

Walk 10-35 minutes at least 3 times per week for 6 weeks.

Register by Jan 9, 2026  
Register with QR code



Upon registration you will receive: Walk with Ease Book (mailed/mailed to you)  
Weekly educational emails

Facilitator  
Miloni Rathod

Health Program Instructor  
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The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health.

*If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.*

MSU Extension offers the Walk With Ease Self-Directed Enhanced program where a group of individuals begin and end the six-week program at the same time. Join with a friend or two! Form your own walking support group.

An MSU Extension leader coordinates communication to ensure participants are organized and motivated to complete the program. Participants are encouraged to walk 10 to 35 minutes at least three times per week.

During the six-week program, participants will:

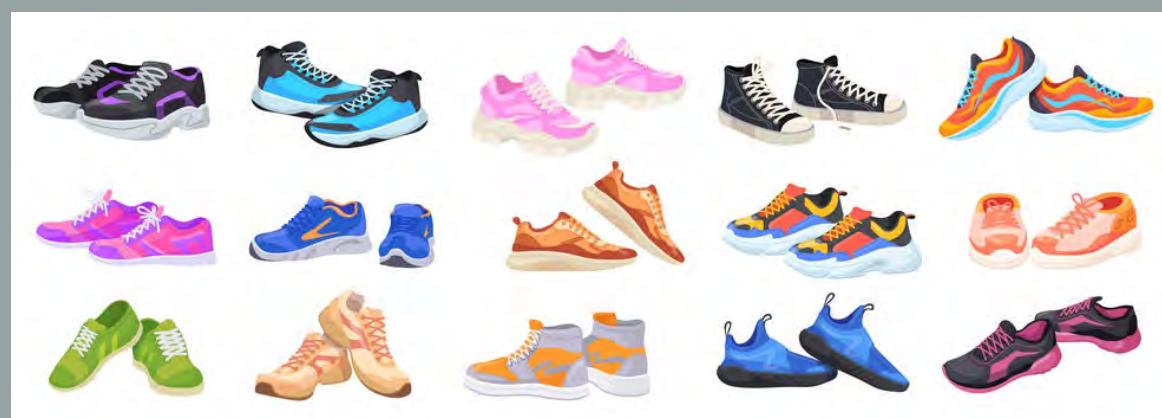
- Understand arthritis & the relationship between arthritis, exercise, and easing pain
- Learn about programs & resources to maintain walking & other physical activity

Walk With Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

*“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”*

— Walk With Ease participant



#### **SPONSORS:**

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