

WALK WITH EASE

A PROGRAM FOR BETTER LIVING

Congratulations on taking your first step towards improving your overall health! Enclosed is your Walk With Ease guidebook, pedometer, and log sheet.

Visit the Walk With Ease website at:

<http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease>
to access resources including online tools and videos to help you succeed.

You can also download the Walk With Ease Mobile App to track your steps. The app is available on both iOS and Android devices.



WALK WITH EASE
a program for better living



We will check in with you in six weeks to measure your progress.

Also enclosed in this packet is a Post-Program Evaluation and Post-Survey. When you finish the six-week program, please complete and return these documents in the enclosed self-addressed envelope.

For more information, call 484-628-9890.

Good luck and happy walking!



Reading Hospital

TOWER HEALTH

Advancing Health. Transforming Lives.

WALK WITH EASE
a program for better living

