

## VIDEO: Walk With Ease – A Guidebook to Managing Your Arthritis

---

*Do you have joint pain or stiffness? Walk With Ease can help!*

The Osteoarthritis Action Alliance (OAAA) is proud to bring you the Arthritis Foundation’s Self-Directed [Walk With Ease](#) program, a structured 6-week walking program for people with arthritis, particularly those with osteoarthritis. The program is designed to help patients with osteoarthritis manage their condition and reduce their pain. Walk With Ease can help you reduce your pain, manage your weight, and improve your overall health.

OAAA encourage you to watch and share a new video to promote the Walk With Ease resource with your professional and personal networks.

**WATCH THE VIDEO:** [Walk With Ease: A Guidebook to Managing Your Arthritis](#)

Twitter Content: Walk With Ease Guidebook

---

**NOTE: All posts are customized for Twitter character limits.**

- You have the power to reduce the pain of #arthritis – and it can start with walking. The #WalkWithEase program from @oaactionallianc is a great way to incorporate walking into your routine. Order the free guidebook here: WalkWithArthritis.org <https://bit.ly/walk-with-ease>
- Do you live with #chronicpain? Walking can help, and the #WalkWithEase program can inspire you to start walking today. Reduce your pain, manage your weight, and improve your mental health. Get the free guidebook now. WalkWithArthritis.org @oaactionallianc <https://bit.ly/walk-with-ease>
- No matter where you live or the current environment you’re in, you can take steps to manage your chronic pain. Learn how the #WalkWithEase program from @oaactionallianc can help you manage your pain and order the free guidebook now: WalkWithArthritis.org <https://bit.ly/walk-with-ease>
- Physical activity can help you reduce your #chronicpain, manage your weight, & lower your risk for heart disease and diabetes. @oaactionallianc offers a free, 6-week Walk With Ease program to help you get active & manage your pain. WalkWithArthritis.org <https://bit.ly/walk-with-ease>

Facebook & LinkedIn Content: Walk With Ease Guidebook

---

- You have the power to reduce the pain of #arthritis – and it can start with walking. The #WalkWithEase program from @OsteoarthritisActionAlliance is a great way to incorporate walking into your routine. Order the free guidebook here: WalkWithArthritis.org <https://bit.ly/walk-with-ease>
- Do you live with #chronicpain? Walking can help, and the #WalkWithEase program from @OsteoarthritisActionAlliance can inspire you to start walking today. Reduce your pain, manage

your weight, and improve your mental health. Get the free guidebook now.  
WalkWithArthritis.org <https://bit.ly/walk-with-ease>

- No matter where you live or the current environment you're in, you can take steps to manage your chronic pain. Learn how the #WalkWithEase program from @OsteoarthritisActionAlliance can help you manage your pain and order the free guidebook now: WalkWithArthritis.org <https://bit.ly/walk-with-ease>

## Email Newsletter Template: Walk With Ease Guidebook

---

### [TITLE] Walk With Ease: A Guidebook to Managing Your Arthritis

Do you live with osteoarthritis or another pain condition? Whether you're at home or outside, you have the power to reduce your pain and improve your overall health – and it can start with walking. [Walk With Ease](#) is a structured, 6-week walking program designed to help people with arthritis or any pain condition begin a safe and comfortable walking program. Walking can help you reduce your pain, manage your weight, and lower your risk for heart disease and diabetes. Watch a [new video](#) about the program and order the free guidebook today at [WalkWithArthritis.org](https://bit.ly/walk-with-ease).



[Link image to: <https://bit.ly/walk-with-ease>]