



LESS PAIN. MORE GAIN.

The Arthritis Foundation's **Self-Directed Walk With Ease**

program has been shown to:

reduce pain | decrease disability | improve balance

The **Self-Directed Walk With Ease Portal**, offered by the **Osteoarthritis Action Alliance**, provides organizations with an online registration, reporting, engagement, tracking, and book delivery system for the program.

Your organization will receive:

- A unique URL to a mobile-friendly online platform for registering and supporting your WWE participants.
- Automated emails/texts to keep participants motivated.
- Secure accounts for all registrants..
- Adherence features including goal setting, progress tracking, tools, videos & a Certificate of Completion.
- Data collection and reporting features.
- Personalized onboarding training & technical assistance.*
- Discounted price on the Walk With Ease guidebook for participants + automated shipping and handling.
- Discounted digital books.

Pricing

Non-Profit/Government		Private/Corporate
\$3,000	first year	\$5,000
\$2,000	each additional year	\$4,000

Book Pricing: Digital Books = \$5/book

Print Books = \$4.95+ \$7.75 S&H = \$12.70/book

