

## **Arthritis Foundation Walk with Ease (WWE)**

Intake Process

Visit the website and register online for the Walk with Ease Program Interest Webinar on Zoom.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Virginia Department of Health

<http://www.vdh.virginia.gov/>

<https://www.vdh.virginia.gov/arthritis/walk-with-ease-program/>

<http://www.facebook.com/VDHgov>

<https://twitter.com/vdhgov>

Main

(804) 864-7001

109 Governor Street

23219 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

The Virginia Department of Health and the Arthritis Foundation offers the Walk with Ease (WWE) program. The program helps people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Led by a certified Arthritis Foundation Peer Leader, this program has been shown to reduce pain and increase balance and walking pace. During the six-week WWE program, participants are encouraged to walk three times a week.

In a self-directed format, walkers read the WWE book and walk on their own. The program is offered to individuals who can be on their feet for 10 minutes without increasing their pain.

[Register for the Walk with Ease Interest Webinar](#) on the website. [Start the WWE program](#) on the website,

Visit the [Virginia Arthritis Friendly Parks and Trails Map](#) to locate parks and trails for walking.

Service Area(s)

Statewide