



LESS PAIN. MORE GAIN.

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

program has been shown to:

reduce pain | decrease disability | improve balance

Participants learn to walk safely & comfortably, as well as how to set achievable personal walking goals.

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 for your participants to use when registering.
- Automated engagement emails to all participants to keep them motivated and moving through the program.
- Individual accounts for all registrants, allowing them to login regularly throughout the program.
- Adherence features including goal setting, progress tracking & Certificate of Completion.
- Ability to set registration limits by # or registration period. (Ideal for those offering the enhanced self-directed program.)
- Personalized onboarding training & technical assistance.*
- Discounted price on the Walk With Ease guidebook for participants + automated shipping and handling.

Portal Price: \$2,600 for first year

\$1,500/year for each additional year

Book Pricing: Digital Books = \$5/book

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

www.walkwitharthritis.org

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