

Walk With Ease - Virginia Falls Prevention Awareness Week Virtual Events

Date and Time

Wednesday 9/23/2020 2:30 to 3:30pm

Event URL

[Register](#)

Event Region

Statewide

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Walk With Ease with Mona Burwell, Arthritis Program Coordinator with the Virginia Department of Health, will provide techniques on how to build and maintain a successful walking program that can easily be integrated into your community or workplace environment virtually. Using the Arthritis Foundation Enhance Self-Directed Walk With Ease program (WWE) platform. This CDC, evidence-based arthritis approved walking program. Has been effective in increasing balance, reducing pain, improving mental health, flexibility, and overall physical health. While walking is the central activity, Enhance Self-guided WWE is a multi-component program that includes 6 weekly motivational emails and chats with a live WWE leader to address health education, strengthening, stretching exercises, and motivational strategies.

Visit <https://www.vpas.info/events> for a list of events for the rest of the week. Call Valley Program for Aging Services at -1-800-868-8727 with questions or for more information or email vpas@vpas.info

Event Image or Sponsor Logo

Image

