

Public Service Announcement
FOR IMMEDIATE RELEASE
NEWPORT SENIOR ACTIVITY CENTER
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www.newportoregon.gov/sc

Tri-County Walk With Ease (virtual class)

This is the first Tri-County shared program being offered virtually. Albany Senior Center in Linn County, Corvallis Community Center in Benton County and Newport 60+ Activity Center in Lincoln County have partnered to bring this program to a wider audience. This will be an excellent opportunity to expand participants social circles. This partnership was made possible through Samaritan Health Services and the National Recreation and Parks Association.

An introduction to the virtual format and an overview can be found on our web site at www.newportoregon.gov/sc. The six-week class meets Mondays, Wednesdays and Fridays at 2:30pm. First class to begin on January 27th and runs through March 10th. Class size is limited so early registration is suggested. No Class on February 15, 2021.

“Walk with Ease” class is intended to reduce pain, build confidence in being physically active, and to improve overall health. No matter your fitness level, this program will help connect you with other community members who want to improve their health.

The Walk with Ease program, developed by the Arthritis Foundation, is proven to help reduce pain and stiffness associated with arthritis and offers benefits for people managing other chronic conditions. Walking is one of the safest and most beneficial forms of exercise for most people with arthritis and other chronic health conditions. It is safer and puts less stress on your body than most other forms of aerobic exercise – the kind that builds stamina and boosts cardiovascular fitness. Walking is an especially good exercise choice if you are older or have been less active.

The Virtual program will last 6 weeks and is taught by trained instructors who can provide information and tools that you can use to help manage chronic condition symptoms and improve your quality of life. You will learn the benefits of how small increases in physical activity can result in big benefits to your health.

Research as shown that participation in evidence-based workshops like Walk With Ease can help you manage symptoms from chronic condition(s) and improve physical and emotional wellbeing which can greatly improve your quality of life.

You can register on line for our virtual programs at www.newportoregon.gov/sc and click on the yellow banner and the 60+ Activities Tab to register for virtual sessions. A zoom link will be provided to those registered prior to the program or class. If you have any questions about ZOOM or how to sign up please call the Newport 60+ Activity Center at 541 574 5459.