

Walk With Ease: Stepping into Support

Lead the way! Equip yourself with the skills to transform your Walk With Ease group into a Live Yes! Connect Group.

Walk With Ease groups provide a fantastic foundation for physical activity and social connection. But what if they could be even more? Explore how Walk With Ease groups can naturally evolve into supportive communities that address emotional and social well-being alongside physical health, all while becoming part of the established Arthritis Foundation support group network.

Building the Bridge:

- **Shared Experience:** Leverage the existing camaraderie in Walk With Ease groups. Participants already understand the challenges and triumphs of managing mobility.
- **Expanding Topics:** While walks remain core, introduce brief discussions on managing chronic conditions, coping with pain, or navigating changes in physical ability.
- **Guest Speakers:** Invite healthcare professionals or motivational speakers to address common concerns and offer strategies.

The Arthritis Foundation Advantage:

By integrating with the Arthritis Foundation's extensive support group network, Walk With Ease groups gain:

- **Access to Resources:** Participants connect with a wealth of information, educational materials, and tools provided by the Foundation.
- **Brand Recognition:** The Arthritis Foundation's reputation for arthritis support attracts new participants and fosters trust.
- **Promotion & Networking:** The Foundation promotes Walk With Ease groups, expanding their reach and impact.

Taking Action:

- **Gather Feedback:** Survey Walk With Ease participants to gauge interest in a support group format and potential affiliation with the Arthritis Foundation.
- **Leader Training:** Equip group leaders with facilitation skills for open discussions and emotional support, incorporating Arthritis Foundation resources.
- **Interested?** Reach out to Nick Turkas nturkas@arthritis.org or (704) 802-7339.