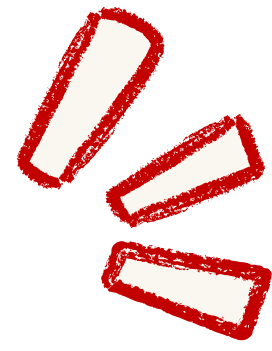


Arthritis in West Virginia



Arthritis is a collective term for a group of diseases that cause pain in the joints and the tissues surrounding the joints.

In partnership with the Centers for Disease Control and Prevention (CDC) the Office of Health Services Research (OHSR) is addressing the burden of arthritis among adults in West Virginia by bringing together groups and individuals to ensure everyone has a fair and just opportunity to reach their highest level of health by offering arthritis appropriate programming.



CDC-Recognized Programming for Arthritis Offered by OHSR



AEA Arthritis Foundation Exercise Program

Chronic Pain Self-Management Program

Chronic Disease Self-Management Program

Walk With Ease

Tai Chi for Arthritis

For more information email
Lakin Davis at ssdavis@hsc.wvu.edu or
Ryan Sommerkorn at rsommerkorn@hsc.wvu.edu

Tai Chi for Arthritis

A health improvement opportunity brought to you by the Office of Health Services Research

Improve your quality of life through gentle movement. Tai Chi for Arthritis is a therapeutic program that combines the ancient Chinese practice of Tai Chi with modern techniques to help individuals manage arthritis symptoms effectively.



Based on the Sun style Tai Chi



Suitable for all ages



1 hour/ week for 16 weeks

Program Benefits

Pain Relief

Reduces arthritis-related pain by releasing natural pain relievers (endorphins)

Improved Balance & Coordination

Enhances balance and coordination, lowering the risk of falls through slow, controlled movements

Increased Flexibility and Range of Motion

Gentle, flowing movements help stretch & strengthen muscles around joints

Reduce Stress & Anxiety

Promotes relaxation & mental calmness through its meditative aspects

Improved Physical Activity

Regular practice encourages overall physical activity and well-being



Join us in enhancing your well-being!

For more program information or how to get Tai Chi for Arthritis set up in your senior center, contact:

Ryan Sommerkorn at rsommerkorn@hsc.wvu.edu

or

Lakin Davis at lsdavis@hsc.wvu.edu

1. Visit startwalkwithease.org/WV to create a free WV WWE account.
2. Select the "Self-Directed" group.
3. Fill out your personal information. Include your email and/or cellphone number to receive weekly inspiration & easy access to log your walking minutes without having to use a computer!
4. Complete a short survey. All responses are anonymous. This survey acts as a pre-test for you to track your progress.
5. Start the program! Familiarize yourself with the portal & track your walking minutes for the next 6 weeks.
6. Once you finish the program, please complete the post survey. You can choose to continue tracking your walking by selecting "Start WWE Again" after completing exit survey.

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West Virginia Walk With Ease

WWE helps those with arthritis and other chronic conditions develop a habit of regular walking to enhance mobility, reduce pain, and improve quality of life.

WWE is adaptable to individual fitness and mobility levels.

- Boost mood
- Reduce stress
- Improve overall mental wellbeing
- Goal setting
- Increased motivation

WWE is supported by the WVU Office of Health Services Research. For more information, please contact

lsdavis@hsc.wvu.edu or rsommerk@hsc.wvu.edu

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West Virginia Walk With Ease



About Walk With Ease

Walk With Ease (WWE) is an evidence-based physical activity intervention developed by the Arthritis Foundation. Research demonstrates that WWE helps those with arthritis and other chronic conditions develop a habit of regular walking to enhance mobility, reduce pain, and improve quality of life. WWE is adaptable to individual fitness and mobility levels.

Benefits and Program Structure

The WWE guidebook offers a comprehensive approach to staying active and managing pain, emphasizing the numerous benefits of regular walking. Educationally, it provides valuable tips and encouragement for maintaining an active lifestyle through walking, along with strategies for managing pain. Regular walking can significantly reduce arthritis pain, stiffness, and inflammation while enhancing heart health, strengthening muscles, and increasing flexibility.

Walking is known to boost mood, reduce stress, and improve overall mental wellbeing. Group walking sessions foster opportunities for social interaction and support. Additionally, WWE aids in goal setting and helps individuals stay motivated on their fitness journey.

WWE is offered in different formats to suit different preferences and availability.

Self-Directed	Follow the 6 week program through the WWE portal and receive automated motivational feedback via text or email.
Self-Directed Enhanced	Work with a WWE Coach and follow the 6 week program through the WWE portal and receive motivational feedback via text or email.
In-Person Community	Join an instructor-led group in-person three times a week for six weeks.

How to Get Started

Visit startwalkwithease.org/WV to begin a Self-Directed program or contact Lakin Davis with the West Virginia University Office of Health Services Research for help in finding a Group-led program.

Email: Lakin Davis at lsdavis@hsc.wvu.edu



SIGN UP STEPS

1

VISIT

startwalkwithease.org/WV

to create a free West Virginia Walk with Ease (WWE) account

FORMAT

Select your WWE group. If you are not sure which group you belong to, select the "Self-Directed" option. Use of digital WWE book is optional.

2

INFORMATION

Fill out your personal information. Be sure to include your email & cellphone number to receive weekly inspiration & easy access to log your walking minutes.

3

SURVEY

Complete a short survey. All responses are anonymous and not shared. This survey acts as a pre test for you to track your progress.

4

NEXT 6 WEEKS

Start the program. Familiarize yourself with the portal & track your walking minutes for the next 6 weeks.

5

FINISHED

Once you finish the program, please complete the post survey. You can choose to continue tracking your walking by selecting "Start WWE Again" for as long as you would like.

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