



U.S. Department of Veterans Affairs
 Veterans Health Administration
 National Center for Healthcare Advancement and Partnerships

News and Resources Roundup

July 2023

ANNOUNCEMENT: Walking with Ease Program: VHA and the Arthritis Foundation Empower Veterans!

Arthritis affects Veterans and Service members at higher rates than the civilian population and is often a factor for discharge from the military.

VHA National Center for Healthcare Advancement and Partnerships (HAP) and the Arthritis Foundation have partnered together to increase access to care, education, and support for Veterans with arthritis. The Arthritis Foundation's Walk with Ease (WWE) program helps Veterans with arthritis increase their physical activity all year long.

Veterans interested in joining the WWE program can register with the [Osteoarthritis Action Alliance Walk With Ease portal](#) or contact their local VA facility for more information.

Although walking is the main activity, WWE also includes health education, stretching and strengthening exercises, motivational strategies, and a walking schedule.

Since the program started in 2003, WWE has been recognized by the Centers for Disease Control and Prevention for its effectiveness and adaptability within communities.

Walking is a low-impact exercise that Veterans can do to ease stiffness and chronic pain associated with arthritis. WWE is structured as six-week long sessions. Veterans can participate in WWE as a self-guided activity or in an in-person group setting.

For more information about HAP, visit <https://www.va.gov/HEALTHPARTNERSHIPS/index.asp>.

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