

## **Walk with Ease (WWE)**

Age Requirements

60+

Documents Required

Call for details

Intake Process

Registration is required. Register on the website or call for information.

Intake Contact Telephone

(757) 963-9209

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Senior Services of Southeastern Virginia

<http://www.ssseva.org/>

<https://www.ssseva.org/programs/walk-with-ease/>

Main

(757) 461-9481

2551 Eltham Avenue

Suite Q

23513 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

Senior Services of Southeastern Virginia offers a workshop for seniors with arthritis or other related conditions. This evidence-based program includes stretching and strengthening exercises, health education, and motivational strategies. The goals of the program include:

- Reducing the pain and discomfort of arthritis,
- Increasing balance, strength, and walking pace,
- Building confidence in participants' ability to be physically active,
- Improve overall health.

Classes are held twice per week for one hour for six weeks.

Service Area(s)

Chesapeake City

,

Franklin City

,

Isle of Wight County

,

Norfolk City

,

Portsmouth City

,

Southampton County

,

Suffolk City

,

Virginia Beach City

Email

[services@ssseva.org](mailto:services@ssseva.org)