

# Community resources for staying active

April 2026

Staying active and exercising can reduce your risk of serious injury from falls.

Programs to help you prevent falls are available through the Oregon Wellness Network. They include:

- Tai Ji Quan: Moving for Better Balance (also known as Tai Chi: Moving for Better Balance)
- Stepping On: Falls Prevention Program
- The Otago Exercise Program (Otago)
- Walk with Ease Program
- A Matter of Balance

The cost of these programs may be covered if you receive Medicaid or Medicare.

To learn more:

- [Visit the Oregon Wellness Network \(OWN\) website](#)
- Call 833-ORE-WELL (833-673-9355)
- Send an email to: [health.promotion@nwsds.org](mailto:health.promotion@nwsds.org)

Information about other resources is available through the Aging and Disability Resource Connection (ADRC) of Oregon.

- [Visit the ADRC website](#)
- Call the ADRC at 1-855-ORE-ADRC or [1-855-673-2372](tel:1-855-673-2372)

## More information on the Walk with Ease program

The program was developed by the Arthritis Foundation. It is provided through the Oregon Wellness Network as well as Oregon State University Extension Service. It teaches people how to exercise safely. It also includes stretching and strengthening exercises. Participants learn how to make a routine, develop a walking plan, and overcome barriers. All participants receive a free Walk with Ease guidebook.

To learn more about this program:

- [Visit the Oregon State University Extension Service website](#)
- Send an email to: [walk@oregonstate.edu](mailto:walk@oregonstate.edu)
- Leave a voice message by calling: 541-737-3173

---

You can get this document in other languages, large print, braille or a format you prefer free of charge. Send an email to [centralaps@odhs.oregon.gov](mailto:centralaps@odhs.oregon.gov) or call 503-400-5671. We accept all relay calls.