

OHIO

SCIOTO COUNTY

SOMC Life Center
1202 18th St.
Portsmouth, OH 45662
740-356-7563

JACKSON COUNTY

Days Inn of Jackson
972 E. Main St.
Jackson, OH 45640
740-286-3464

WEST VIRGINIA

CABELL COUNTY

Huntington YMCA
935 10th Avenue
Huntington, WV 25701
304- 525-2038

M & S Pool Service

2412 Collis Avenue
Huntington WV 25703
304-525-4039

HARRISON COUNTY

YMCA of Harrison Co
Lodgerville Branch
119 Tolley Drive
Bridgeport, WV 26330
304-842-6904

JACKSON COUNTY

Ravenswood Senior Center
PO Box 306
Ravenswood, WV 26164
304-372-9951

KANAWHA COUNTY

Charleston YMCA

300 Hillcrest Drive
Charleston, WV 25311
304-340-3535

LEWIS COUNTY

Wm R. Sharpe Jr. Hospital

936 Sharpe Hospital Rd
Weston, WV 26452
304-269-1210

MINGO COUNTY

Larry Joe Harless Comm Center

202 Larry Joe Harless Drive
Gilbert, WV 25621
304-664-2500

PUTNAM COUNTY

Tri County YMCA

200 Carl's Lane
PO BOX 737
Scott Depot, WV 25560
304-757-0016

RALIEGH COUNTY

YMCA OF Southern WV

121 East Main Street
Beckley, WV 25801
304-252-0715

WOOD COUNTY

Family Fitness Center

2804 Birch St.
Parkersburg, WV 26101
304-424-2348

The Arthritis Foundation Aquatic Program is a warm-water exercise program shown to reduce pain and improve overall health. Designed to be a fun, safe way for people with arthritis to exercise and stay fit.

Suitable for every fitness level, the classes are held in a friendly and supportive environment that encourages social interaction among participants.

Benefits to You

The Aquatic Program will help you:

- Reduce pain
- Decrease feelings of isolation through social interaction
- Gain strength and flexibility
- Improve your day-to-day life

Individuals attending the classes have experienced:

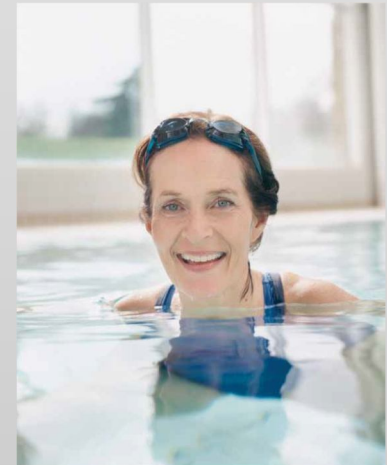
- Less pain
- Improved joint function
- Increased muscle strength
- Better perceived quality of life and well-being.

These programs are warm water range-of-motion exercises taught by instructors trained by the Arthritis Foundation. You do not need to know how to swim to participate in these classes. Costs vary by location, please call them. If you have questions about any program, please call 513-271-4545 or 1-800-383-6843. Also visit our web site at <http://www.arthritis.org>.



Arthritis Foundation

Aquatic Exercise Program



West Virginia Locations

**Ohio River Valley
Great Lakes Region
800-383-6843
513-271-4545**

