

## State Wide Listing November 2009



**Learn the keys to self-managing your arthritis and meet others who share the same challenges with the Arthritis Foundation Self-Help Program, an education series designed to:**

- identify and teach you the latest pain management techniques
- help you develop your own individualized exercise program
- help you learn to manage fatigue and stress more effectively
- discuss the purposes and effective use of medications
- help you find solutions to daily challenges caused by your arthritis
- identify ways to deal with anger, fear, frustration and depression
- discuss the role of nutrition in arthritis management
- help you learn new ways to communicate with family and friends
- and teach you how to form a partnership with your health-care team.

**The Arthritis Foundation Self Help Program is a six-week course, which meets once each week for two hours. The course is led by Arthritis Foundation trained instructors who share these following keys to successful arthritis self-management . . . and more!**

Class size is limited; therefore, PRE-REGISTRATION IS REQUIRED. **Unless otherwise noted, classes are free!**

The course utilizes the popular text entitled *The Arthritis Helpbook* and participants receive numerous helpful handouts. If you don't see your community listed, please call us for more information. New classes are forming now!

### **ARTHRITIS FOUNDATION CLASSES ARE BEING HELD IN THE FOLLOWING LOCATIONS:**

#### **CHEBOYGAN COUNTY**

##### **CHEBOYGAN**

Cheboygan Physical Therapy &  
Sports Medicine  
9445 North Straits Hwy.  
(231) 627-7201

#### **EATON COUNTY**

##### **EATON RAPIDS**

Eaton Rapids Medical Center  
1500 S. Main Street  
(517) 663-9530

#### **EMMET COUNTY**

##### **PETOSKEY**

Northern Michigan Hospital  
Community Health Education  
Center  
416 Connable  
(800) 248-6777

- Over please -

**\*Indicates classes are for Stanford PATH Chronic Disease Self-Management**

**GENESEE COUNTY**

**FLINT**

McLaren Physical Therapy  
4466 W Bristol Rd  
(810) 342-5558

**GRAND TRAVERSE COUNTY**

**TRAVERSE CITY**

Premier Health & Fitness  
1209 S. Garfield  
(231) 935-0690

Traverse City Senior Center  
801 E. Front Street  
(231) 922-4911

**INGHAM COUNTY**

**LANSING**

Delta Enrichment Center  
Delta Waverly 49ers  
4538 Elizabeth  
(517) 484-5600

St. Gerard Parish  
4437 W. Willow Hwy  
Judy Conley (517) 281-2271

Trinity United Methodist Church  
7533 W. St. Joseph Hwy.  
(517) 628-2157

**MASON**

First United Methodist  
Church of Mason  
201 East Ash St.  
(517) 676-9449

**KENT COUNTY**

**GRAND RAPIDS**

Covenant Village of the Great  
Lakes  
2510 Lake Michigan Dr NW  
(616) 453-2267  
*NON-RESIDENTS WELCOME*

Crystal Springs  
Retirement Community  
1175 68<sup>th</sup> Street  
*RESIDENTS ONLY, PLEASE*

Spectrum Health - West Pavilion  
Kent Community Hospital  
6105 Wilson SW  
(616) 391-5000

**WYOMING**

Aurora Pond Retirement  
Community  
2380 Aurora Pond Drive  
(616) 530-2511

**MACOMB COUNTY**

**CLINTON TOWNSHIP**

The Gardens of Clinton  
24500 Metropolitan Pkwy  
(586) 790-1100

**SAINT CLAIR SHORES**

William Beaumont  
Bon Brae Center  
22300 Bon Brae  
(586) 779-7900

**STERLING HEIGHTS**

American House Sterling II  
33433 Schoenherr  
(586) 979-5340

Town Village  
4500 Dobry

Mondays: 10/5-11/9  
6:30 pm – 8:30 pm  
(586) 803-0900

**MANISTEE COUNTY**

**MANISTEE**

West Shore Medical Center  
1465 East Parkdale Avenue  
(231) 398-1520

**OAKLAND COUNTY**

**BIRMINGHAM**

St. Columban Catholic Church  
1775 Melton  
(248) 646-5224

**BLOOMFIELD TOWNSHIP**

\*Bloomfield Townshp Senior  
Services  
4315 Andover Rd  
(248) 723-3500

**NOVI**

Botsford Center for  
Health Improvement  
39750 Grand River  
Member Services (248) 473-3100

**ROCHESTER HILLS**

American House the Village  
3617 S Adams Rd  
(248) 853-6000

Sanctuary at Bellbrook  
873 W. Avon Road  
Thursdays 1/14-2/18/10  
6:00 pm to 8:00 pm  
(248) 656-6335

Waltonwood at University  
3250 Walton Blvd  
(248) 375-2500

**SOUTHFIELD**

\*Hope United Methodist Church  
26275 Northwestern Hwy.  
(313) 396-1717

The Heritage-Brookdale  
25800 W 11 Mile Rd  
(248) 727-2016

The Park at Trowbridge  
24111 Civic Center Dr  
(248) 352-0208

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**OAKLAND COUNTY**

**TROY**

\*Faith Lutheran Church  
37635 Dequindre Rd  
(248) 689-4713 ext 217

Think Trim  
755 W Big Beaver  
(248) 828-7333

Wm Beaumont Hospital  
44201 Dequindre Rd  
(800) 633-7377

**OCEANA COUNTY**

**HART**

Oceana County Medical  
Care Facility  
701 E. Main St  
(231) 873-6026

**OTTAWA COUNTY**

**HOLLAND**

Freedom Village  
145 Columbia Ave  
(616) 820-7466

\*Holland Community Hospital  
602 Michigan Avenue  
(616) 394-3344

**VAN BUREN COUNTY**

**LAWTON**

White Oaks  
300 White Oak Rd  
(269) 624-4811

**WAYNE COUNTY**

**DETROIT**

Friendship Meadows  
3930 Rivard  
(800) 968-3030

Hannan House  
4750 Woodward Ave  
(313) 833-1300 X15

Love Your Body Fitness Center  
Emanuel Conference Center  
13856 Schoolcraft  
(313) 273-8200

Mayflower Congregational  
United Church of Christ  
7301 Curtis  
(313) 861-6450

**LIVONIA**

Civic Park Senior Center  
15218 Farmington Road  
(734) 466-2555

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