



Locations for 2009 Workshops
 Ohio River Valley Chapter
 513-271-4545 or 800-383-6843

- **Workshop deadlines are 10 days prior to date.** Classes fill quickly. First come/first serve basis. Minimum 10 – maximum 20
- **CHECK** website often for additional workshop dates <http://www.arthritis.org/chapters/ohio-river-valley/leader-ling.php>

Program	Date	Type	Location	Trainers	Time
Arthritis Foundation Aquatic Program	September 19, 2009 Saturday Deadline: 9/6/09	New & Recerts All Day \$65.00	Huntington YMCA 935 10th Avenue Huntington, WV 25701	Trish Cooper	8:30 – 4:30 PM Bring swim suit & towel
Arthritis Foundation Aquatic Program	October 3, 2009 Saturday Deadline: 9/21/09	New & Recerts All Day \$65.00	Drake Center 151 W. Galbraith Road Cincinnati, OH 45216	Pat Wahle	8:30 - 4:30 PM Bring swim suit & towel
Arthritis Foundation Aquatic Program	October 24, 2009 Saturday Deadline: 10/13/09	New & Recerts All Day \$65.00	Atrium YMCA 5750 Innovation Drive Franklin, OH 45005	Rita Hughes	8:30 – 5:00 PM Bring swim suit & towel
Arthritis Foundation Aquatic Program	November 20, 2009 Friday Deadline: 11/10/09	New & Recerts All Day \$65.00	Mercy Healthplex Western Hills 3131 Queen City Avenue Cincinnati, OH 45238	Christel Cousino	8:30 – 4:30 PM Bring swim suit & towel
					Exercise workshops on back →

Arthritis Foundation Exercise Program	September 25, 2009 Friday Deadline: 9/14/09	New & Recerpts All Day \$65.00	Connection at Twin Lakes 9840 Montgomery Road Cincinnati, OH 45242	Christel Cousino	8:30 – 4:30PM
Arthritis Foundation Exercise Program	November 6, 2009 Friday Deadline: 10/27/09	New & Recerpts All Day \$65.00	Atria Stony Brook 3451 South Hurstbourne Parkway Louisville, KY 40299	Peggy Tschauner	8:00 – 5:00 PM