



**Take Control.** We Can Help.™

**Arthritis Foundation—Pacific Northwest Chapter  
Programs and Services**

3876 Bridge Way N., #300  
Seattle, WA 98103

Phone: (206) 547-2707, Toll Free: (800) 746-1821

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## **Alaska Community Programs List 2008 EDITION**

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This is a current listing of Arthritis Foundation exercise, and self-help programs throughout Washington and Alaska. Each program has a telephone number for you to call for specific information. Please note that while the Pacific Northwest Chapter does its best to keep this list up-to-date, this information is subject to frequent change. If you have difficulty reaching a contact person, or would like information on other programs and services, please call the **Pacific Northwest Chapter Arthritis Answers Line at 1-800-542-0295.**

### **PROGRAM DESCRIPTIONS:**

#### **Arthritis Foundation Aquatic Program:**

**A warm water exercise program** (83°-88°F) designed for people with arthritis. Water exercise is good for people with arthritis because it can help relieve the strain on muscles and joints. Classes are led by instructors certified by the Arthritis Foundation. Any adult (age 18+) can join and it is not necessary to know how to swim.

#### **Arthritis Foundation Exercise Program:**

**A land-based exercise program** designed specifically for people with arthritis. Classes include gentle activities to help increase joint flexibility and range of motion and also help to maintain muscle strength and increase overall stamina. Classes are led by instructors certified by the Arthritis Foundation. Any adult (age 18+) can join.

#### **Tai Chi from The Arthritis Foundation:**

**A program based on the Australian *Tai Chi for Arthritis* program**, which was designed to improve the quality of life for people with arthritis. The program utilizes Sun style *Tai Chi*; one of the four major recognized styles of *Tai Chi*. This style is particularly effective for people with arthritis because it includes agile steps and exercises that may improve mobility, breathing and relaxation. In addition, the movements have higher stances, which make it easier and more comfortable to learn.

#### **Self-Help Courses:**

**The Arthritis Self-Help Course (ASHC)** is led by a trained leader and is designed to give people with arthritis or fibromyalgia the knowledge, confidence and skills needed to take a more active role in their own care. These six to seven session courses provide information on decision-making, the actions you can take to keep your arthritis under control, and ways to stay as independent as possible. If a program is not available in your area, you may also purchase the workshop text book, "The Arthritis Helpbook" through the Pacific Northwest Chapter.

**Pacific Northwest Chapter  
Arthritis Answers Line  
1-800-542-0295  
[www.arthritis.org](http://www.arthritis.org)**

**The Mission of the Arthritis Foundation  
is to improve lives through leadership  
in the prevention, control, and cure of  
arthritis and related diseases.**

# For Your Information:

## Please note:

People with multiple or severe joint problems, or who have had joint surgery, are encouraged to check with their doctor and health care team about the need for special precautions before beginning a program of physical activity.

## How to sign-up:

Please call the facilities listed for the program(s) that you are interested in, for specific information including facility-specific schedules, possible fees and registration information.

## What to do if there is not a Community Program offered in your city:

First, call the **Arthritis Answers Line** at 1-800-542-0295. Or check online at [www.arthritis.org](http://www.arthritis.org). New courses become available periodically and you can make sure you have the most up-to-date information.

If the **Arthritis Answers Line** is unable to direct you to a course in your area, please let us know about the unmet need in your community. We will work with you to identify a facility in your area that would like to partner with the Arthritis Foundation to offer these programs.

## Did you know?

The Arthritis Foundation offers an Exercise DVD and two VHS Exercise videos for purchase as well as more than two dozen other books, videos and workbooks. Please call the **Arthritis Answers Line**, 1-800-542-0295 for ordering information.

## Anchorage

### **Anchorage Community YMCA**

5353 Lake Otis Parkway

Anchorage, AK 99507

**Phone:** 907-563-3211

*AF Aquatic Program; Tai Chi from the Arthritis Foundation*

### **Anchorage Senior Center**

1300 E 19th St.

Anchorage, AK 99501

**Phone:** 907-258-7823

*Tai Chi from the Arthritis Foundation*

### **Dimond Athletic Club**

800 E Dimond Blvd Suite 3-30

Anchorage, AK 99515

**Phone:** 907-929-7126

*AF Aquatic Program; AF Exercise Program*

### **Providence Horizon House**

4140 Folker St.

Anchorage, AK 99508

**Phone:** 907-261-4151

*AF Exercise Program*

### **Tai Chi from the Arthritis Foundation**

Contact Tim Chinn

Anchorage, AK

**Phone:** 907-258-7823

## Chugiak

### **Chugiak Senior Center**

22424 N Birchwood Loop Rd

Chugiak, AK 99567

**Phone:** 907-688-2609

*AF Exercise Program*

## Kodiak

### **Senior Citizens of Kodiak**

302 Erskine Ave

Kodiak, AK 99615

**Phone:** 907-486-6181

*AF Exercise Program*

## Metlakatla / Annette Island

### **A.I.S.U. Lepquinium Wellness Center**

536 Brendible St.

Metlakatla, AK 99926

**Phone:** 907-886-6601 ext. 255

*AF Aquatic Program; AF Exercise Program*

## Ninilchik

**Ninilchik Senior Center**

66265 Aspen Ave.

Ninilchik, AK 99639

**Phone:** 907-567-3988

*AF Aquatic Program; AF Exercise Program*

**Palmer**

**Respect Your Elders Adult Day Services**

2301 Colleen St.

Palmer, AK 99645

**Phone:** 907-745-3687

*AF Exercise Program*

**Soldotna**

**Skyview High School Pool**

46188 Sterling Highway

Soldotna, AK 99669

**Phone:** 907-260-2365

*AF Aquatic Program*

**Valdez**

**Valdez Senior Citizens Center**

1300 E. Hanagita Place

Valdez, AK 99686

**Phone:** 907-835-5032

*AF Aquatic Program; AF Exercise Program*

**Wrangell**

**Wrangell Parks and Recreation**

321 Church Street

Wrangell, AK 99929

**Phone:** 907-874-2444

*AF Aquatic Program; AF Exercise Program*