

Life Improvement Series

# _____ Take Control of Your Arthritis	#835.4030
# _____ Take Control with Exercise: Arthritis Foundation Exercise Program	#835.4010
# _____ Take Control with Water Exercise: Arthritis Foundation Aquatic Program	#835.4040
# _____ Take Control with Knowledge: Arthritis Foundation Self-Help Program	#835.4020

Class Listings

The Wisconsin Chapter offers many arthritis exercise classes throughout the State.

_____ Land Exercise Classes
_____ Aquatic Exercise Classes
_____ Self-Help Classes



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

For more information, write or call the Arthritis Foundation office nearest you:

Chapter Office

1650 S. 108th Street
West Allis, WI 53214-4021
(414) 321-3933
Toll-free: 1-800-242-9945
Fax: (414) 321-0365

Southwestern District Office

802 W. Broadway, Suite 206
Madison, WI 53713-1866
(608) 221-9800
Fax: (608) 221-9696

Northeastern District Office

2920 S. Webster, Suite A
Green Bay, WI 54301
(920) 330-0592
Fax: (920) 330-0596

Order Form

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West Allis, WI 53214-4021

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Fax: (414) 321-0365
Metro Milwaukee: (414) 321-3933
Toll Free: (800) 242-9945

Please allow 3 to 4 weeks for delivery



Wisconsin Chapter Information Order Form

General Education • Disease • Medication
Spanish • Books • Videos • DVDs

General Education

# _____ Arthritis Answers	#835-5400
# _____ Arthritis in African Americans	#835-5547
# _____ Arthritis in Children	#835-5415
# _____ Arthritis and Diabetes	#835-5550
# _____ Arthritis in the Workplace	#835-5477
# _____ Back Pain	#835-5210
# _____ Complimentary Therapies	#835-6020
# _____ Nutrition and Your Arthritis	#835-5440
# _____ Exercise & Your Arthritis	#835-5455
# _____ Gardening & Arthritis	#835-5462
# _____ Heat and Cold Therapy	#835-5630
# _____ Laboratory Tests	#835-6030
# _____ Managing Your Activities	#835-5485
# _____ Managing Your Fatigue	#835-5490
# _____ Managing Your Pain	#835-5515
# _____ Managing Your Stress	#835-5510
# _____ Surgery & Arthritis	#835-5535
# _____ Walking & Arthritis	#835-5552
# _____ Water Exercise: Pools, Spas & Arthritis	#835-5580
# _____ When Your Student Has Arthritis	#835-5560

Disease Series

# _____ Ankylosing Spondylitis	#835-5200
# _____ Bursitis, Tendonitis & other Soft Tissue Rheumatic Syndromes	#835-5220
# _____ Fibromyalgia	#835-5230
# _____ Gout	#835-5235
# _____ Lupus	#835-5245
# _____ Osteoarthritis	#835-5265
# _____ Osteoporosis	#835-5275
# _____ Polymyalgia Rheumatica	#835-5290
# _____ Psoriatic Arthritis	#835-5300
# _____ Raynaud's Phenomenon	#835-5305
# _____ Rheumatoid Arthritis	#835-5320
# _____ Scleroderma	#835-5325
# _____ Sjogren's Syndrome	#835-5330

Guides (from "Arthritis Today" magazine)

# _____ Drug Guide	#835-7027
# _____ Supplement & Vitamin Guide	#835-7008
# _____ Guide to Intimacy and Arthritis	#835-5480

VHS, DVD & Cassette Tapes

# _____ Walk with Ease II (Cassette Tape) \$14.95	#835-217A
# _____ Take Control with Exercise (DVD or VHS) \$19.95	#835-9035
# _____ Arthritis Water Exercise (DVD) \$ 29.95	#835-9025
# _____ Tai Chi for Arthritis (Combo Movements) (DVD) \$ 29.95	#835-9075
# _____ Tai Chi for Arthritis Movements 1-6 (DVD) \$ 19.95	#835-9055
# _____ Tai Chi for Arthritis Movements 7-12 (DVD) \$ 19.95	#835-9065

Medication Series

# _____ Biologic Response Modifiers	#835-5610
# _____ Corticosteroids	#835-5620
# _____ DMARDS	#835-5625

Medication Series Cont.

# _____ Glucosamine & Chondroitin Sulfate	#835-6000
# _____ Hyaluronic Acid Therapy	#835-6010
# _____ NSAIDS - Nonsteroidal Anti-inflammatory Drugs	#835-5600
# _____ B-Cell Therapy	#835-5615

Self-Care Information Sheets

# _____ Keep Moving	#835-5940
# _____ Learn About your Arthritis Medicine	#835-5970
# _____ Living with Osteoarthritis	#835-5925
# _____ Living with Fibromyalgia	#835-5920
# _____ Living with Rheumatoid Arthritis	#835-5930
# _____ Meet your Arthritis Health Care Team	#835-5960
# _____ Protect your Joints	#835-5980
# _____ Range-of-Motion Exercises	#835-5945
# _____ Strengthening Exercises	#835-5950

Series en Español

# _____ Artritis Reumatoidea	#835-5800
# _____ Artritis en Niños	#835-5415(S)
# _____ El Ejercicio y la Artritis	#835-5825
# _____ Fibromialgia	#835-5810
# _____ La Dieta y su Artritis	#835-5440(S)
# _____ Lupus	#835-5845
# _____ Osteoartritis	#835-5805
# _____ Repuestas sobre la Artritis	#835-5860

Información de Cuidarse a sí Mismo (Pagina Individual)

# _____ Mantengase en Movimiento	#835-5940(S)
# _____ Conozca sus Medicamentos para la Artritis	#835-5970(S)
# _____ Vivir con Fibromialgia	#835-5920(S)
# _____ Vivir con Osteoartritis	#835-5925(S)
# _____ Vivir con Artritis Reumatoidea	#835-5930(S)
# _____ Conozca a su Equipo de Salud de la Artritis	#835-5960(S)
# _____ Proteja sus Articulaciones	#835-5980(S)
# _____ Ejercicios de Amplitud de Movimiento	#835-5945(S)
# _____ Ejercicios de Fortalecimiento	#835-5950(S)

Books

# _____ Alternative Treatments an A to Z Guide \$9.95	#835-261
# _____ AF Guide to Managing your Arthritis \$24.95	#835-245
# _____ AF Guide to Pain Management \$24.95	#835-266
# _____ All You Need to Know About Back Pain \$19.95	#835-252
# _____ All You Need to Know About Joint Surgery \$19.95	#835-265
# _____ Beyond Chaos \$14.95	#835-214
# _____ Celebrate Life \$12.95	#835-219
# _____ Change Your Life Strategies \$19.95	#835-250
# _____ Good Living with Fibromyalgia \$16.95	#835-228
# _____ Good Living with Fibromyalgia-Workbook \$12.95	#835-228WB
# _____ Good Living with Osteoarthritis \$16.95	#835-221
# _____ Good Living with Rheumatoid Arthritis \$16.95	#835-222
# _____ Natural Treatments for Fibromyalgia: An A to Z Guide \$15.95	#835-237
# _____ Primer on Rheumatic Diseases (Thirteenth Edition) \$69.95	#750-3250
# _____ Raising a Child with Arthritis: A Parents Guide \$14.95	#835-209
# _____ The Essential Guide to Arthritis Medications \$9.95	#835-260
# _____ Tips for Good Living with Arthritis \$9.95	#835-230
# _____ Walk with Ease (Second Edition) \$11.95	#835-216
# _____ Health Organizer \$9.95	#835-207