

**ALLEN COUNTY**

**Community Action Southern KY**  
Call for Class Locations  
200 E. 4<sup>th</sup> Avenue  
Bowling Green, KY 42101  
270-782-3162

**BALLARD COUNTY**

**Purchase District HD**  
Call for class locations  
320 N. 7<sup>th</sup> Street  
Mayfield, KY 42066  
270-247-1490

**BARREN COUNTY**

**Community Action Southern KY**  
Call for Class Locations  
200 E. 4<sup>th</sup> Avenue  
Bowling Green, KY 42101  
270-782-3162

**BOYD COUNTY**

**Ashland/Boyd Co HD**  
Call for Class Locations  
2924 Holt St  
Ashland, KY 41101  
606-329-9444

**BRACKEN COUNTY**

**Bracken County HD**  
429 Frankfort Street  
Brooksville, KY 41004  
606-735-2157

**BULLITT COUNTY**

**Bullitt County Health Dept.**  
181 Lees Valley Road  
Shepherdsville KY 40165  
502-955-7837

**Multi-Purpose Comm Action**

Bullitt County Senior Life Center  
214 Frank E. Simon Ave.  
Shepherdsville, KY 40165  
502- 543-4077

**CARLISLE COUNTY**

**Bardwell Baptist Church**  
323 Hwy 51 North  
Bardwell, KY 42023  
270-247-1490

**Purchase District HD.**

Call for class locations  
320 N. 7<sup>th</sup> Street  
Mayfield, KY 42066  
270-247-1490

**CARROLL COUNTY**

**Carroll County Health Center**  
401 11<sup>th</sup> Street  
Carrollton, KY 41008  
502 732 6641

**CARTER COUNTY**

**Purchase District HD**  
Call for class locations  
320 N. 7<sup>th</sup> Street  
Mayfield, KY 42066  
270-247-1490

**EDMONSON COUNTY**

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Bowling Green, KY 42101  
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**FAYETTE COUNTY**

**Lexington-Fayette Co Health**  
Call for class locations  
805 A Newtown Circle  
Lexington, KY 40511  
859-288-2457

**FRANKLIN COUNTY**

**Franklin Co Sr Center**  
202 Medical Heights Dr  
Frankfort, KY 40601  
502-223-5794

**FULLTON COUNTY**

**Purchase District HD**  
Call for class locations  
320 N. 7<sup>th</sup> Street  
Mayfield, KY 42066  
270-247-1490

**GALLATIN COUNTY**

**Three Rivers District HD**  
102 W Pearl Street  
Warsaw, KY 41095  
859-567-2844 x 108

**HICKMAN COUNTY**

**Purchase District HD**  
Call for class locations  
320 N. 7<sup>th</sup> Street  
Mayfield, KY 42066  
270-247-1490

**JESSAMINE COUNTY**

**Jessamine County HD**  
210 E Walnut St  
Nicholasville, KY 40356  
(859) 885-4149

**JEFFERSON COUNTY**

**Alternative Adult Day**  
147 Wilma Avenue  
Louisville, KY 40229  
502-955-1750

**Arthur S. Kling Center**

219 W. Ormsby Avenue  
Louisville, KY 40203  
502-636-3424

**Baptist East Milestone**

750 Cypress Station Road  
Louisville, KY 40207  
502-896-3900 ext. 132

**Elderserve, Inc**

631 S. 28<sup>th</sup> Street  
Louisville, KY 40211  
502-778-7418

**YMCA Northeast**

9400 Mill Brook Rd  
Louisville, KY 40223  
502-425-1271

**YMCA Southwest**

2800 Fordhaven Rd  
Louisville, KY 40214  
502-933-9622

**LARUE COUNTY**

**LaRue Co Sr. Center**  
112 N Walters Ave  
Hodgenville, KY 42748  
270-358-4235

**LAUREL COUNTY**

**Powerhouse Gym**  
649 Meyers Baker Road  
London, KY 40741  
606-878-0011

**LEE COUNTY**

Lee County Senior Citizens  
611 Broadway  
Beattyville, Ky 41311  
606- 464-8005

**LINCOLN COUNTY**

**Lincoln Co Health Dept.**  
Call for Class Locations  
44 Healthway  
Stanford, KY 40484  
606-365-3106

**MARSHALL COUNTY**

**Marshall Co Sr Citizen**  
1713 Golf Course Road  
Benton, KY 45025  
270-252-2716

**Marshall County HD.**

307 E. 12<sup>th</sup> Street  
Benton, KY 42025  
270-252-2716

**MASON COUNTY**

**Buffalo Trace Health Dept.**  
130 East 2<sup>nd</sup> Street  
Maysville, KY 41056  
606-564-9447

**McCRACKEN COUNTY**

**Purchase District HD**  
Call for class locations  
320 N. 7<sup>th</sup> Street  
Mayfield, KY 42066  
270-247-1490

**METCALFE COUNTY**

**Community Action Southern KY**  
200 E. 4<sup>th</sup> Avenue  
Bowling Green, KY 42101  
270-782-3162

**PENDLETON COUNTY**

**Three Rivers District HD**  
329 Hwy 330 W  
Falmouth, KY 41040  
859-654-6985 ext. 123

**SHELBY COUNTY**

**Shelby – Fit For Life**  
169 Alpine Drive  
Shelbyville, Kentucky 40065  
502-647-7867

**Shelby Ct Coop Extension**

1117 Frankfort Road  
Shelbyville, KY 40065  
502-633-4593

**WARREN COUNTY**

**Barren River Health Dept.**  
1109 State Street  
Bowling Green, KY 42102  
270-781-8039

**Community Action Southern KY**

200 E. 4<sup>th</sup> Avenue  
Bowling Green, KY 42101  
270-782-3162

Arthritis Foundation Exercise Program is a group exercise program designed to increase joint flexibility and range of motion. Classes are ongoing or 6-8 week sessions. Costs vary by location, please call the location. If you have questions about the program, call us at 800-383-6843. Also visit our web site at <http://www.arthritis.org>.



# Arthritis Foundation Exercise Program



**Kentucky**

**Ohio River Valley  
Great Lakes Region  
800-383-6843**

