

BUTLER COUNTY

Elements at the Bever

855 Stahlheber Road
Hamilton, OH 45013
513-820-5047

BROWN COUNTY

Country Place Apartments

41 Sunset Blvd
Georgetown, OH 45121
937-378-4161

Hamersville Church of Christ

203 E. Main Street
Hamersville, Ohio 45130
937-379-1233

Northern Brown Senior Center

20864 SR 251
PO Box 211
Fayetteville, Ohio 45118
513-875-2317

CLERMONT COUNTY

Clermont Senior Services

129 N. Union Street
Bethel, OH 45106
513-685-2432

**Miami Township Center
Clermont Senior Services**

6010 Meijer Drive
Milford, OH 45150
513-248-4345

HAMILTON COUNTY

Anderson Sr Center

7970 Beechmont Ave
Cincinnati, OH 45255
513-474-3100

Bayley Place Wellness Center

401 Farrell Ct
Cincinnati, OH 45233
513-347-1400

Colerain Senior Center

4300 Springdale Road
Cincinnati, OH 45251
513-741-8802

Clippard YMCA

8920 Cheviot Road
Cincinnati, OH 45251
513-923-4466

Tri-Health Fitness & Health

6200 Pfeiffer Road
Cincinnati, OH 45242
513-985-6742

Twin Lakes

9840 Montgomery Road
Cincinnati, OH 45242
513-247-1330

Twin Towers

5343 Hamilton Avenue
Cincinnati, OH 45224
513-853-4100

MONTGOMERY COUNTY

Vandalia Senior Center

21 Tionda Drive South
Vandalia, OH 45377
937-898-1232

Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. The **Arthritis Foundation Exercise Program** is an exercise program designed specifically for people with arthritis that uses gentle activities to

- help increase joint flexibility and range of motion
- help maintain muscle strength.

Different classes are available to fit your fitness level – with exercises done while sitting, standing or on the floor.

Class instructors undergo special Arthritis Foundation instructor-training workshop conduct classes. The exercises you learn in the program, however, should not replace therapeutic exercises prescribed for you by a therapist.

Participants previously enrolled in the program have experienced such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression.

With Arthritis Foundation programs, you can strengthen muscles, improve flexibility and boost your mood and self-confidence. Taught by nationally certified instructors, the **Arthritis Foundation's Programs for Better Living** empowers people with arthritis through aquatic, exercise and self-help programs that are proven to increase mobility reduce pain and stiffness, and physician visits.

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 them. If you have questions about any program, call us at 800-383-6843 or 513-271-4545. Also visit our web site at <http://www.arthritis.org>.



Arthritis Foundation

Exercise Program



Southern OHIO Locations

Ohio River Valley
Great Lakes Region
800-383-6843
513-271-4545

