

CABELL COUNTY

Ebenezer Medical Outreach, Inc.

1448 10th Ave
Huntington, WV 25701
304-529-0753 Ext. 118

CALHOUN COUNTY

Calhoun County Committee of Aging

PO BOX 434
Grantsville, WV 26147
304-354-7017

FAYETTE COUNTY

Plateau Medical Center

501 Main St
Oak Hill, WV 25901
304-256-2614

HANCOCK COUNTY

Hancock County Senior Services

647 Gas Valley Road
New Cumberland, WV 26047

KANAWHA COUNTY

Unitarian Universalist Congregation

520 Kanawha Blvd W
Charleston WV 25302
304-545-7171

JACKSON COUNTY

Ripley Senior Center

121 Court St. S
PO Box 617
Ripley, WV 25271
304-372-5151

PUTNAM COUNTY

Family Care

301-6 Great Teays Blvd
Scott Depot, WV 25560
304-757-6999 ext 23

RALEIGH COUNTY

UMWA Health & Retirement Funds

160 Heartland Road (PO BOX 1229)
Beckley WV 25802
304-256-2635

WEBSTER COUNTY

Webster Fitness Center

101 North Main Street.
Webster Springs, WV 26288
304-847-7717

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 Life Improvement Series** 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. 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



West Virginia Locations

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

