

Other Sources of Information and Support

Physical Activity Programs:

ARTHRITIS FOUNDATION PROGRAMS:

- Aquatic Program: Water-based exercises for gentle movement.
aeawave.org/arthritis/arthritis-foundation-programs
- Exercise Program: Community-based classes with range-of-motion, endurance, and relaxation techniques. aeawave.org/arthritis/arthritis-foundation-programs
- Walk With Ease: Group walking program with education on exercise and arthritis. arthritis.org/www

PHYSICAL ACTIVITY PROGRAMS

- Active Living Everyday: Teaches skills to become and stay active.
us.humankinetics.com/blogs/active-living/active-living-every-day
- Enhance®Fitness: Low-cost group exercise for improved function and fall prevention. projectenhance.org
- Fit & Strong!: Classes with stretching, balance, and aerobic exercises.
itandstrong.uic.edu
- My Knee Exercise Program: Free online resource with a 6-month strengthening program. mykneeexercise.org.au
- Tai Chi for Arthritis: Gentle movements promoting relaxation and balance.
taichiforhealthinstitute.org
- Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. betterbalance.net/class-locations

- Yoga for Arthritis: Choose an instructor experienced with modifications for arthritis. arthritis.yoga

Self-Management Programs:

These interactive programs offer education, support, and skill-building for managing chronic conditions like arthritis.

GENERAL PROGRAMS:

Chronic Disease Self-Management Program (CDSMP) ncoa.org/article/evidence-based-chronic-disease-self-management-education-programs/

Tomando Control de su Salud (Spanish CDSMP) selfmanagementresource.com/programs/small-group-spanish/tomando-control-de-su-salud-spanish-version-small-group/

Better Choices, Better Health® (online CDSMP) extension.sdstate.edu/better-choices-better-healthr

Enhance®Wellness (coaching for physical, emotional, and social well-being) projectenhance.org

Program to Encourage Active, Rewarding Lives (PEARLS) (focuses on reducing depression) ncoa.org/article/evidence-based-program-pearls-program-to-encourage-active-rewarding-lives/

PAIN MANAGEMENT:

Chronic Pain Self-Management Program (CPSMP) <https://ncoa.org/article/evidence-based-program-chronic-pain-self-management-program-cpsmp-online-synchronous>

Finding a Program:

Most resources listed have websites with contact information or program locators. Additionally, you can contact the Arthritis Foundation Helpline at 1-800-283-7800 or at arthritis.org/helpline for assistance.