

Dear Training Participant,

Thank you for registering for the Arthritis Foundation Training!

### **What to Bring?**

Please make sure that you bring the following items with you:

- Comfortable Clothes
- Pen or pencil

### **What to Expect?**

At the training you will be provided with all class materials and lunch. You will find a sample agenda at the end of the letter.

### **What the Arthritis Foundation Expects?**

Please remember that certification is only available to those who complete the training workshop and **go on to complete a six week session teaching assignment at a sanctioned site.** .

Paperwork includes quarterly Program Information forms, participant release forms, and a yearly co-sponsorship agreement. In order to become certified, you must attend the entire workshop.

**Participants having to leave early or show up late, for whatever reason, will not qualify for certification.**

### **What are the Follow-up Procedures?**

Teach the class (sessions must be held three times a week for six weeks. Please remember to turn in attendance sheets and participant release forms. After completing the teaching requirement, fill out the leader certification form and mail to the Chapter Office. Once the Chapter office has received this you will receive your certification.

### **Sample Agenda**

**Session One:  
Introductions to the Training**

**Session Two:  
Overview of Walk with Ease Program**

**Session Three: Program Syllabus**

**Break**

**Session Four:  
5-Step Walking Pattern and Program  
Exercises**

**Session Six:**

**Managing the Program**

**Session Seven:  
Teaching Tips**

**Session Eight:  
Post-program Strategies**

**Session Nine: Self-Test, Evaluation and  
Closing**