



## South Carolina Arthritis Prevention and Control Program

### Life Improvement Programs Lancaster County

#### *'Take Control of Your Health'*

The South Carolina Arthritis Prevention and Control Program is a program of the South Carolina Department of Health and Environmental Control in partnership with the Centers for Disease Control and Prevention, the Arthritis Foundation, the Lt. Governor's Office on Aging, and other organizations throughout SC.

We have developed this list of programs to help you manage your arthritis and exercise your way to good health. These programs should benefit you whether you have arthritis, fibromyalgia, lupus, or some other rheumatic condition. They are all evidence-based, which means there are research studies proving their effectiveness.

- Arthritis Foundation-Self-Help Program - Group education classes to help you learn how to manage your condition and lead a fuller, more active life.
- Arthritis Foundation Exercise Program - An exercise program that uses gentle exercises to improve your strength and energy level and reduce your pain.
- Living Well South Carolina – Small group workshops held once a week for six weeks that gives you the knowledge and skills needed to help live a healthy life with your chronic condition.
- Arthritis Foundation Aquatic Program - A water exercise program for people with arthritis to help you feel better.

<b>Arthritis Foundation Exercise Program</b>	<b>Arthritis Foundation Self Help Program</b>
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>DHEC-Region 3</b> Lancaster County Health Department P.O. Box 817 Lancaster, SC 29721 *Janet Ellis (803) 286-9948</p> </div> <div style="width: 45%;"> <p><b>Lancaster County Council on Aging</b> 309 S. Plantation Rd Lancaster, SC 29720 *Rachel Ellis, Sheryl Baker (803) 265-6956</p> </div> </div>	<div style="text-align: center;"> <p><b>DHEC-Region 3</b> Lancaster County Health Department 2464 Douglas Road Lancaster, SC 29720 * Janet Ellis (803) 286-9948</p> </div>
<b>Living Well South Carolina Program</b>	<b>Arthritis Foundation Aquatic Program</b>
No Program Currently in this County	No Program Currently in this County

SC DHEC presents this list as a representative sample of available resources and does not provide funds or receive remuneration from any for-profit organization, group, or website on this list.