



## South Carolina Arthritis Prevention and Control Program

### Life Improvement Programs Newberry 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 – A small group workshop held once a week for six weeks to help you learn how to manage your condition and lead a fuller, more active life. Build confidence, and gain support from others with arthritis, fibromyalgia, lupus, and other rheumatic conditions.
- 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 – A small group workshop held once a week for six weeks that gives you the knowledge, skills, and support to live a healthy life with ongoing health conditions. The program was designed for people with any ongoing health condition, such as arthritis, asthma, diabetes, heart disease, and high blood pressure.
- Arthritis Foundation Aquatic Program - A water exercise program for people with arthritis to help you feel better.

Arthritis Foundation Exercise Program		Arthritis Foundation Self Help Program
<b>Whitmire Senior Center</b> 311 Main St Whitmire, SC 29178 *Lisa Bundrick (803) 276-8266	<b>Baker Center</b> 1300 Hunt Street Newberry, SC 29108 *Lisa Bundrick (803) 276-8266	No Program Currently in this County
Living Well South Carolina Program		Arthritis Foundation Aquatic Program
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.*