



South Carolina Arthritis Prevention and Control Program

Life Improvement Programs Richland 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.

Arthritis Foundation Exercise Program			Arthritis Foundation Self Help Program	
Capital Senior Center 1650 Park Circle Columbia, SC 29201 *Faye Brown (803) 779-1971	The Heritage at Lowman P.O. Box 444 White Rock, SC 29177 *Carolina Bendziewicz (803) 451-7420	Rice Home 100 Finley Road Columbia, SC 29203 *Angie Boyd (803) 691-5720	DHEC (multiple sites) SC Arthritis Program 1751 Calhoun Street Columbia, SC 29201 *Stacia Bell, Rita Jefferson *Sandra Anderson (803) 898-0760	St. John's Baptist Church P.O. Box 4664 Columbia, SC 29420 *Beverly Moss-Clarke *Wallace Brown (803) 788-8754
Finlay House 2100 Blossom St Columbia, SC 29205 *Faye Brown (803) 799-6524	Charles Drew Wellness Center 2101 Walker Soloman Way Columbia, SC 29204 *Faye Brown (803) 545-3200	St. John Neumann 100 Polo Rd Columbia, SC 29223 *Wendy Bobadilla (803) 413-4797	Capital Senior Center 1650 Park Circle Columbia, SC 29201 *Vanessa Whitehead (803) 779-1971	Progressive Church 2222-24 Barhamville Rd Columbia, SC 29201 *Ernestine Williams (803) 254-6106
Dept. of Corrections 4446 Broad River Rd Columbia, SC 29210 *Gayle Brazzell *Rachel Hodge (803) 896-1448 or (803) 896-1208	Senior Resources (3 sites) 2817 Millwood Ave Columbia, SC 29203 *Patricia Gibson, Sandra Taylor *Ernestine Jackson (803) 252-7734	Palmetto Health 15 Richland Medical Park Ste. 203 Columbia, SC 29201 *Joseph Taylor (803) 434-6337	Progressive Church 6844 Lower Richland Blvd. P.O. Box 135 Hopkins, SC 29061 *Mary Golston (803) 647-0136	
Living Well South Carolina Program			Arthritis Foundation Aquatic Program	
Capital Senior Center 1650 Park Circle Columbia, SC 29201 (803) 779-1971 *Vanessa WhiteHead, Charlotte Thomas	Jones Memorial AME Zion Church 2400 Barhamville Rd Columbia, SC 29204 (803) 254-8786 *Doris Hildebrand		Harbison Recreation Center 106 Hillpine Rd Columbia, SC 29212 (803) 781-2281	

SC DHEC does not provide funds or receive remuneration from any for-profit organization, group, or website on this list.