



Improve Your Life

- Reduce pain
- Be more active
- Control your weight

Strength In Numbers...

Join others who have arthritis.
Gain support from one another
as you work toward the goal of
feeling better.

No More Excuses...

Sign up today and get MOVING.

The Arthritis Foundation
Exercise Program is designed to
support the medical care that you
get from your doctor.

We encourage you to talk with
your doctor about an exercise
program.

Don't Let Your Arthritis Control You Sign Up Today

For more information, contact:

S.C. DHEC Arthritis Prevention
and Control Program

<http://www.scdhec.gov/arthritis>

Arthritis Foundation

<http://www.arthritis.org>

The S.C. Arthritis Program is a DHEC program in
partnership with the Arthritis Foundation and other
organizations and consumers throughout South Carolina.
Funding is provided by the U.S. Centers for Disease
Control and Prevention.

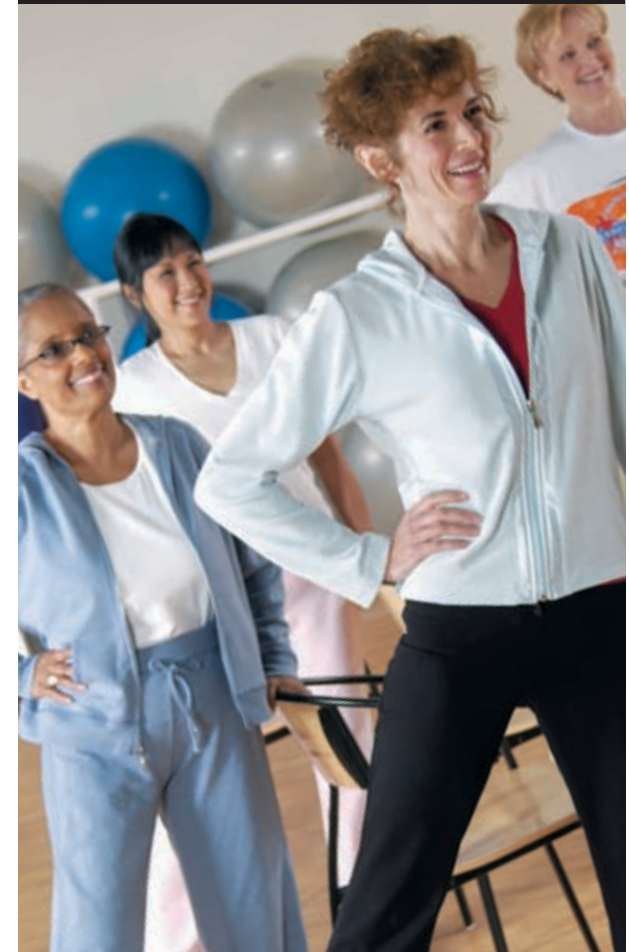


www.scdhec.gov

*We promote and protect the health of the public
and the environment.*

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Take Control With Exercise



**For people with Arthritis,
Fibromyalgia, and Lupus**

Get Moving With Exercise

- Reduces pain and stiffness from arthritis
- Builds strong muscle around the joints
- Gives you more energy
- Helps you sleep better
- Prevents other health problems

Exercise Your Way To Better Health

The Arthritis Foundation Exercise Program could be just what you're looking for.

- Gentle exercises that are fun and easy to learn
- Deep breathing and relaxation to reduce stress
- Tips for managing your arthritis
- Class may be done either standing or sitting

Classes

- Meet one hour, two to three times a week (time varies at each location)
- Are offered at no charge at most locations



The Arthritis Foundation Exercise Program is tailor-made for people with arthritis.

Trained Instructors...

help you stay safe while getting fit. A trained Arthritis Foundation instructor teaches every exercise class. Instructors match the gentle exercises to your needs. Programs are safe, comfortable and effective.



We Get Results

Participants have been able to:

- Reduce their pain
- Decrease depression
- Increase confidence in their ability to manage their condition
- Increase their ability to get around