



# Arthritis Foundation Exercise Program

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**Partners in Care Foundation**

**For Participants 60+ Please sign up at the front desk!**

## Take Control with Exercise!

The **Arthritis Foundation Exercise Program** is an evidence-based program. The movements were developed by physical therapists to address the pain, fatigue, and decreased strength that often accompany chronic illness. The routines use gentle range-of-motion movements that are suitable for every fitness level and can be taken sitting or standing.

### Benefits of the program include:

- Decreased pain
- Improved overall health status
- Increased flexibility & range of motion
- Increased energy
- Better, more relaxed sleep
- Improved outlook

Classes take place twice a week for six weeks and last about an hour. The routines can be quickly learned for easy adaptation at home.

### Who should attend?

Anyone who has been diagnosed with arthritis or who routinely experiences joint pain, stiffness, and/or limited range of motion is invited to attend. Exercises may be performed sitting or standing.

## Sign up now!

**Contact: Damon Hooks**

**Location: Las Palmas Senior Center**

**Time: 10:00 AM – 11:00 AM**

**Dates: Tuesday & Thursday**

**Week 1: 01/07 & 01/09**

**Week 2: 01/14 & 01/16**

**Week 3: 01/21 & 01/23**

**Week 4: 01/28 & 01/30**

**Week 5: 02/04 & 02/06**

**Week 6: 02/11 & 02/13**

