



Indiana Chapter Events & Programs

The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

Signature Fundraising Events

- The *Arthritis Walk* generally takes place in June along the White River Canal in downtown Indianapolis. More than 500 people generally take part in the one-mile and three-mile courses - raising more than \$60,000 for arthritis-related research and programs.
- The *Jingle Bell Run/Walk for Arthritis presented by OrthoIndy* generally takes place the second Saturday in December. Nearly 2,500 people take part in this 5K run/walk on the IUPUI campus with jingle bells tied to their shoelaces. This event raises more than \$100,000 for arthritis-related research and programs.

Health Promotion Programs

- Aquatic Programs – these warm water classes allow participants to stretch and soothe stiff, sore joints
- Exercise Programs – these gentle recreational-based exercise programs help increase joint flexibility, strengthen muscles and improve range of motion
- Self-Help Programs – this six week disease management course focuses on arthritis and fibromyalgia. Classes meet for two hours once a week and cover a variety of topics including pain and stress management, relaxation techniques and medications.
- Tai Chi for Arthritis – this gentle exercise is designed to help increase heart and lung activity, align posture, improve balance and increase mobility.