

## Programs tailor-made to prevent and manage arthritis.

### Who should attend Arthritis Foundation Life Improvement Series programs?

Anyone who has been diagnosed with arthritis or who routinely experiences joint pain, stiffness, or limited range of motion is invited to attend.

People who are new to exercise, recovering from injury, or just interested in a joint-friendly exercise program will also benefit. Consult with your doctor before beginning any exercise program.

### When and where are classes offered?

Classes are offered at various times and in many convenient locations. Contact the chapter office for a detailed listing of classes and registration information. Or visit the Arthritis Foundation Web site at [www.arthritis.org](http://www.arthritis.org) and type in your zip code to view a listing of classes in your area.

### What is the cost?

Fees for Life Improvement Series programs are set by each facility. Please contact the facility directly to inquire about class fees.



## Arthritis Foundation, Michigan Chapter

1050 Wilshire Drive, #302  
Troy, MI 48084-1564  
**800.968.3030**

[www.arthritis.org](http://www.arthritis.org)



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

# Take Control of Your Arthritis

The Life Improvement Series



[www.arthritis.org](http://www.arthritis.org)

## Introducing the Life Improvement Series for people with arthritis.

With the Life Improvement Series, the Arthritis Foundation offers an array of exercise and education programs documented to reduce arthritis pain, ease daily activities, and improve general health status. The series includes an in-depth education program along with exercise programs for a variety of fitness levels and interests.

As the national authority on arthritis, the Arthritis Foundation is in a unique position to present programs that make a vital difference in the lives of people with arthritis. The Arthritis Foundation offers these enjoyable and highly effective programs through its chapters nationwide.

## The difference is our certified instructors.

Every Life Improvement Series program is taught by an Arthritis Foundation certified instructor. These instructors receive detailed training on the programs, and undergo regular certification to ensure they have kept up with the latest information on arthritis.

Because our certified instructors are familiar with the many types of arthritis and their physical challenges, they are able to lead education and exercise classes that are safe and comfortable as well as effective. With an engaging and interactive style, our instructors match the class content to the interests and abilities of the participants.

## Take one or take them all.

The programs in the Life Improvement Series can be taken individually or together, in six-week sessions or year-round. They include:

### Arthritis Foundation Aquatic Program

This program combines the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving pain and stiffness, increasing joint flexibility, and building muscle strength.

### Arthritis Foundation Exercise Program

The low impact exercises taught in this class, developed by physical therapists, can be done either sitting or standing, to relieve stiffness and decrease arthritis pain.

### Tai Chi From the Arthritis Foundation Program

This joint-friendly program, developed by a physician and tai chi master, uses the gentle, graceful, flowing power of Sun-style tai chi to promote mental and physical strength and flexibility.

### Arthritis Foundation Self-Help Program\*

This in-depth program gives people with arthritis the knowledge and skills they need to better manage arthritis. Classes cover ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise.



\*A self-management program developed at Stanford University

## Offered by the Arthritis Foundation. Delivered with results.

The classes offered by the Arthritis Foundation have been documented to have significant positive outcomes for those who attend. While every individual is unique, many people who take the Arthritis Foundation Life Improvement Series classes enjoy the following benefits:

- Decreased pain
- Decreased doctor and emergency room visits
- Increased flexibility and range of motion
- Increased energy
- Better, more relaxed sleep
- Improved outlook
- Improved overall health status

“My patients have repeatedly benefited from Arthritis Foundation programs of education, exercise and social support.”

— Justus Flechtner, M.D., Lansing, MI

