

The Arthritis Foundation Life Improvement Series

In addition to the Arthritis Foundation Self-Help Program, the Arthritis Foundation offers an array of exercise and education programs documented to improve ability to do more activities, increase quality of life, and improve general health status.

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 arthritis pain and stiffness. Gentle movements used in the program increase joint flexibility and range of motion, while restoring or maintaining muscle strength.

Arthritis Foundation Exercise Program The exercises taught in this class were developed by physical therapists specifically for people with arthritis or related conditions. This low-impact class can be taken either sitting or standing, whichever is most comfortable. The gentle, joint-safe exercises help relieve stiffness and decrease arthritis pain.

For more information about these programs, contact your local Arthritis Foundation or visit www.arthritis.org.



oklahoma arthritis network

**OSDH Arthritis Prevention
and Education Program**
1000 NE 10th, OKC, OK, 73117
405-271-9444 Ext. 56410
www.health.state.ok.us/apec

Arthritis Foundation, Oklahoma Chapter
3232 W. Britton Road, Suite 200
Oklahoma City, OK 73120

Phone: (405) 936-3366 or 1-800-627-5486

www.arthritis.org

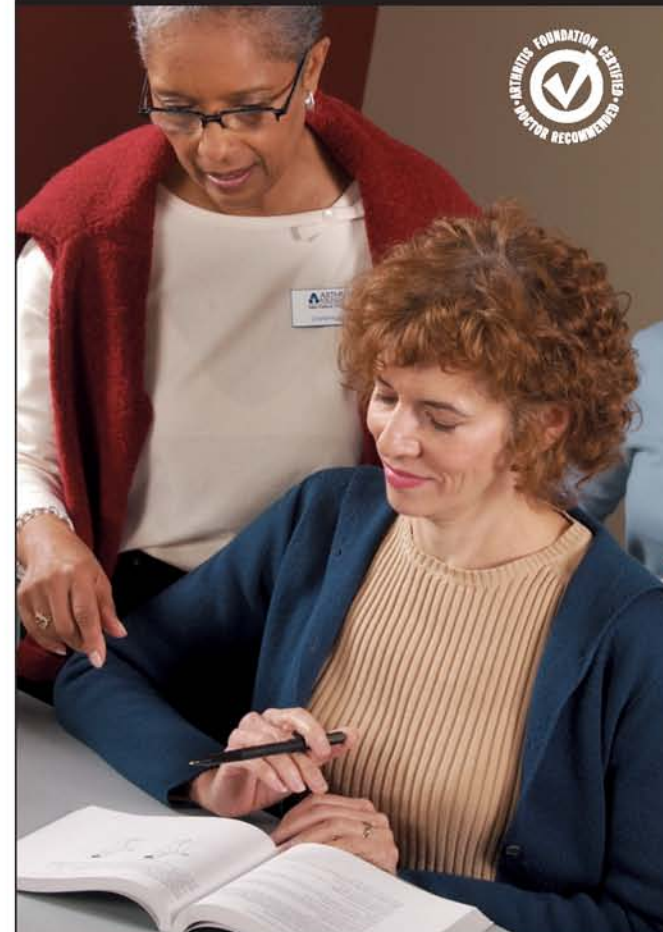


The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

Take Control With Knowledge



**Arthritis Foundation
Self-Help ProgramSM**



www.arthritis.org

Learn to say “know” to arthritis pain.

The Arthritis Foundation Self-Help Program was created to give people with arthritis the knowledge they need to take control of their condition. The Arthritis Foundation Self-Help Program has been shown to significantly reduce arthritis pain while improving self-management behaviors. With less pain, people with arthritis may be able to reduce their reliance on pain medication.

The six-week Arthritis Foundation Self-Help Program was developed specifically for people with arthritis and related conditions. Through engaging group discussion and easy-to-understand course materials, participants will learn the basics of joint anatomy and joint protection, the importance of exercise and nutrition, how to take medications properly and communicate better with their doctor. They also will learn about self-help devices that can enhance daily activities. The informal, small group setting allows participants to seek answers to the questions of most concern to them. And, each class offers tips and techniques that can be used right away to better manage the condition.

Our certified leaders help you gain the knowledge you need.

Every class is taught by a team of Arthritis Foundation certified leaders, each of whom has successfully completed in-depth training on arthritis and the Arthritis Foundation Self-Help Program. In addition, all leaders undergo regular certification to ensure they have kept up with the latest arthritis information.

Offered by the Arthritis Foundation. Delivered with results.

The Arthritis Foundation Self-Help Program is offered by the national authority on arthritis. In one research study, individuals who attended the six-week program were found to have reduced their pain by 20 percent while reducing visits to physicians by 40 percent. Other studies have documented increases in self-management abilities and communication with physicians.



“The first step in managing arthritis is learning how you can control it.”

— John H. Kippel, M.D., Rheumatologist and President and CEO, Arthritis Foundation



While every individual is unique, many people who complete the Arthritis Foundation Self-Help Program enjoy the following benefits:

- Decreased pain
- Decreased physician visits
- Increased practice of self-management behaviors
- Increased communication with physicians
- Increased exercise

An education program tailor-made for people with arthritis.

Who should attend the Arthritis Foundation Self-Help Program?

Anyone who has been newly diagnosed with arthritis or whose arthritis requires more aggressive management.

When is the class offered?

The Arthritis Foundation Self-Help Program is offered at various times and in many convenient locations. Contact the Arthritis Foundation for a detailed listing of classes. Or, you may visit the Arthritis Foundation Web site at www.arthritis.org and type in your zip code to view a listing of classes in your area.

How do I sign up?

Signing up is easy. Simply contact the Arthritis Foundation for registration information.

What is the cost?

Fees for the Arthritis Foundation Self-Help Program are set by each facility. Please contact the facility directly to inquire about class fees.