

Arthritis Foundation Exercise Program

Stay active, reduce
pain, and move
more easily



The **Arthritis Foundation Exercise Program** meets two times a week for eight weeks in one-hour sessions. You'll:

- Practice stretching, breathing, and balance
- Control body pain
- Learn techniques for boosting energy and mood
- Ways to keep from falling when out in your community
- Increase confidence about staying active and managing arthritis

Proven Results...

- Less pain
- Improved joint function
- Increased muscular strength
- Overall sense of well-being
- Better quality of life



Helping you achieve your life goals.

Interactive classes that increase your ability to live a full and healthy life.

yourjuniper.org | Toll Free 1.855.215.2174



This class is for you if you:

- Have a diagnosis of rheumatoid or osteoarthritis
- Suffer from stiffness, fatigue, or arthritis pain
- Could benefit from increased physical activity
- Feel isolated, lonely, or depressed

The Arthritis Foundation Exercise Program is a low impact physical activity class that has been proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability.

Join us for these small-group classes, in your community, with your neighbors.

To find classes in
your area visit:

yourjuniper.org

Developed by the Arthritis Foundation in partnership with a multidisciplinary team. Also known as People with Arthritis Can Exercise (PACE)