



Arthritis Foundation Exercise Program

Brought to you by
Partners in Care Foundation
For Participants 60+

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: Marisol Diaz

(818) 898-7341

Location: Las Palmas Park

505 S. Huntington St., San Fernando, CA 91340

Dates: Monday and Wednesday

8:30am-9:30am

Week 1: March 9 & 11

Week 2: March 16 & 18

Week 3: March 23 & 25

Week 4: March 30 & April 1

Week 5: April 6 & 8

Week 6: April 13 & 15





¡Tome el Control con el Ejercicio!

Traído a usted por
Partners in Care Foundation
Participantes 60+

El Programa de **Arthritis Foundation Exercise Program** es un programa basado en evidencia. Los movimientos fueron desarrollados por fisioterapeutas para tratar el dolor, la fatiga y disminución de fuerza que a menudo acompañan a las enfermedades crónicas. Las rutinas usan rangos suaves de movimientos que son adecuados para cada nivel físico y se puede hacer de pie o sentado.

Los beneficios del programa incluyen:

- Disminución del dolor
- Mejora del estado general de salud
- Aumento de flexibilidad y la línea en movimiento
- Aumento de energía
- Una mejoría y relajamiento al dormir
- Mejorar su ánimo

Las clases duran una hora y las rutinas pueden aprenderse rápidamente y adaptarse fácilmente en casa.

¿Quién debe asistir?

Cualquiera que haya sido diagnosticado con artritis o que habitualmente experimente el dolor de las articulaciones, rigidez, y / o rango limitado de movimiento está invitado a asistir. Los ejercicios pueden realizarse sentado o de pie.

¡Inscríbase Ahora!

Contactar: Marisol Diaz

(818) 898-7341

Lugar: Las Palmas Park

505 S. Huntington St., San Fernando, CA 91340

Horario: lunes y miércoles

8:30am-9:30am

Fechas de las clases:

Semana 1: marzo 9 y 11

Semana 2: marzo 16 y 18

Semana 3: marzo 23 y 25

Semana 4: marzo 30 y abril 1

Semana 5: abril 6 y 8

Semana 6: abril 13 y 15



www.arthritis.org



The Arthritis Foundation Exercise Program is offered through the Health Innovation Programs department of Partners in Care Foundation. Partners in Care Foundation is the state project office for the California Department of Aging, providing ongoing technical support to sites and leaders offering evidence-based programs.