

2011 ARTHRITIS FOUNDATION TRAINING

Become an Arthritis Foundation Exercise Program Instructor to benefit people with chronic conditions!



Exercise Program Training:

Saturday, October 22

*NW Senior and
Disability Services,
Salem*

8 AM-6 PM

Arthritis Foundation Exercise Programs:

- Increase joint flexibility and range of motion
 - Help maintain muscle strength
- Accommodate participants at any activity level
- Proven safe and effective

Register Now!

Training \$100,
\$75 scholarships available

No licensing fees

Nationally recognized program

CEU credits available

For more information, please contact the Arthritis Foundation,
Great West Region at 503-245-5695 or
888-845-5695 or email cbishop@arthritis.org

Arthritis in Oregon and the Arthritis Foundation Exercise Program

Prevalance

Based on the 2009 Oregon Behavioral Risk Factor Surveillance System (BRFSS), 27% of adult Oregonians (about 760,000 people) suffer from arthritis. In addition to those with clinically diagnosed arthritis, there are over 500,000 Oregonians with chronic joint symptoms, but no formal arthritis diagnosis. Those two groups combined represent almost half of the adult population in Oregon. Arthritis limits the activities and productivity of many Oregonians affected by the disease. The Centers for Disease Control report that arthritis is the leading cause of disability in the United States, as arthritis is associated with substantial activity limitation, work disability, reduced quality of life, and high health-care costs.

The Arthritis Foundation Exercise Program

The *Arthritis Foundation Exercise Program* (AFEP) is an evidence-based program that has been shown to decrease pain and improve function and self-efficacy in people with arthritis. The program was created to keep joints flexible, maintain muscle strength and reduce the pain and stiffness associated with arthritis. In addition to those with arthritis, AFEP is beneficial to adults who suffer from limited mobility due to other chronic disease such as heart, disease, stroke, obesity or diabetes. Courses include a variety of range-of-motion exercises, balance and coordination activities, health education and other activities to promote self-care. The Arthritis Foundation currently hosts AFEP classes in 13 counties around the state, with more areas added each year.

Arthritis Foundation Support

The Arthritis Foundation, with support from the Oregon Public Health Division, offers AFEP instructor trainings around the state, provides technical assistance to instructors and host organizations, and offers resources and support to people with arthritis. Additional Arthritis Foundation programs include Aquatics, Tai Chi and Walk With Ease.

An Arthritis Foundation Exercise Program class may be found by calling 503-245-5695 or toll free 888-845-5695 or visiting www.arthritis.org. If you are interested in becoming an instructor or host organization, please contact the Arthritis Foundation – Great West Chapter at 503-245-5695 or the Oregon Arthritis Program at 971-673-0984.