

2011 ARTHRITIS FOUNDATION TRAINING

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



Exercise Program Training:

Saturday

April 14, 2012

Roseburg YMCA

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

ACE and AEA 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