



Arthritis Foundation Exercise Program (AFEP)

A group exercise class for people with arthritis who want safe ways to stay active, reduce pain, and move more easily.

- Learn from a trained instructor how to deal with challenges like pain that keep you from staying active.
- Find out what types of exercise are right for you, and how much you can do safely.
- Classes are 1 hour long. They meet twice a week for 8–12 weeks or longer.
- You'll practice stretching, breathing, endurance, and balance activities tailored for your ability and skill level.
- AFEP can help you:
 - Control pain
 - Feel less tired
 - Boost your mood
 - Feel more confident about staying active and managing your arthritis
- The more classes you go to, the better you'll feel.

Look for a class near you. See the back of this flyer for locations and schedules.



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