

Arthritis Exercise Programs

Supported by the Oregon Health Authority/Department of Human Services

Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program (AFEP) is a gentle exercise program which can be modified for many activity levels. While it is designed specifically for people with arthritis, it is appropriate for anybody who is deconditioned or wanting to start an exercise regimen. The program uses gentle activities to help increase joint flexibility and range of motion while maintaining muscle strength and decreasing pain. Exercises can be done standing or seated in a chair. Programs are held in various locations throughout the state. To find a program, visit <http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Documents/Programs/afprgrms.pdf> or contact The Arthritis Foundation – Great West Chapter at 800-542-0295.

AFEP Leader Training

DHS contracts with the Arthritis Foundation to conduct leader trainings for the Arthritis Foundation Exercise Program (AFEP). Trainings take place 2-3 times per year in various locations statewide. Participants learn over 150 different exercises from trained instructors during a one-day training. Training is \$100, scholarships and CEU credits are available. For more information, contact Cindy Bishop, Programs and Services Coordinator at the Arthritis Foundation – Great West Chapter, cbishop@arthritis.org or 503-245-5695.

Walk With Ease program

Walk With Ease is a six-week walking program conducted in groups by a trained leader. Participants receive health education tips, learn how to exercise safely and create a personal walking plan that fits their goals. Each session includes a lecturette, warm up, 10-30 minute walk and cool down. For more information, contact Cindy Bishop, Programs and Services Coordinator at the Arthritis Foundation – Great West Chapter, cbishop@arthritis.org or 503-245-5695.

Walk With Ease Leader Training

Walk With Ease leader training is conducted online. The fee is \$50 and the course takes 2-3 hours to complete. For more information or to register online, contact Cindy Bishop, Programs and Services Coordinator at the Arthritis Foundation – Great West Chapter, cbishop@arthritis.org or 503-245-5695.

Contact us!

Oregon Arthritis Program
971-673-0984

http://public.health.oregon.gov/PHD/ODPE/HPCDP/ARTHRITIS/Pages/contact_us.aspx