

**The Life Improvement Series:
Safe and effective fitness for
people with arthritis.**

With the Life Improvement Series, the Arthritis Foundation offers an array of exercise programs documented to reduce arthritis pain, improve ability to do more daily activities, and improve general health status. The series includes exercise programs for varied fitness levels and interests. As the national authority on arthritis, the Arthritis Foundation is in a unique position to present programs that make a vital difference in the lives of people with arthritis.

The difference is our certified instructors. Every Life Improvement Series program is taught by an Arthritis Foundation certified instructor. These instructors receive detailed training on the programs and undergo regular re-certification. Our instructors are familiar with the many types of arthritis and the physical challenges of stiff joints and limited range of motion and are able to match the class content to the interests and abilities of the participants.

Start Safely:

Before beginning any exercise program, be sure to check with your doctor. People with multiple or severe joint problems or who have had joint surgery are encouraged to check with their doctor and health care team about the need for special precautions before beginning a program of physical activity.



The **Arthritis Foundation Aquatic Program** allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, help improve strength and flexibility. Participants enjoy decreased pain and stiffness. Swimming is not required.



The **Arthritis Foundation Exercise Program** is designed specifically for people with arthritis and 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 in a chair.



The **Arthritis Foundation Tai Chi Program** is designed to improve the quality of life for people with arthritis using Sun style Tai Chi which is one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation.

**Please consult with your physician
before beginning a new exercise program.**



**Arthritis Foundation
Great West Region**

*Serving Alaska, Colorado, Idaho, Montana,
Oregon, Utah, Washington and Wyoming*



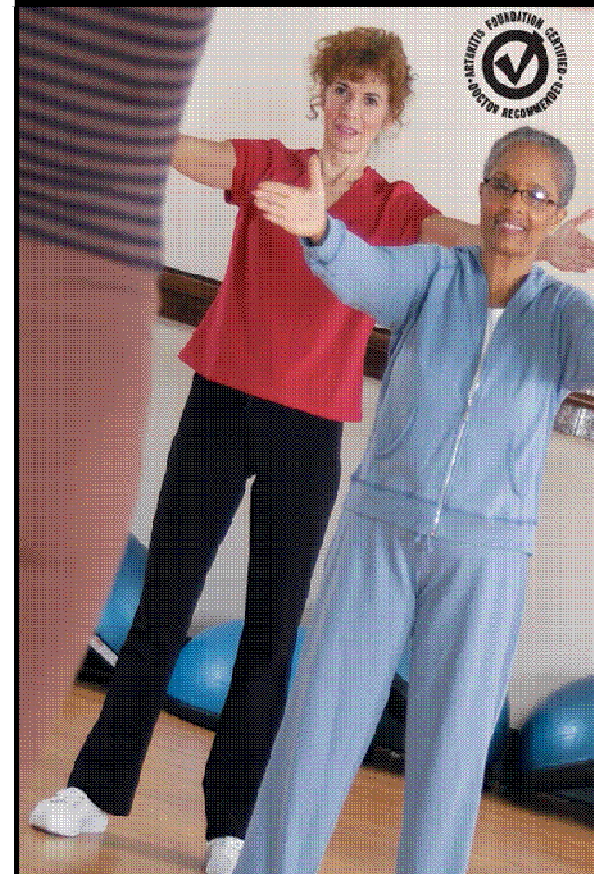
This is a current listing of Arthritis Foundation Life Improvement Series Programs in Oregon and SW Washington. Each program has a telephone number for you to call for more specific information such as class schedules and charges by individual facilities. Please note that while we do our best to keep this list up-to-date, it is subject to frequent change. If you have difficulty reaching a contact person or would like information on other programs and services, please call the:

**Arthritis Answers Helpline
1-800-542-0295**

**Arthritis Foundation—Oregon Office
9700 SW Capitol Hwy., Suite 160
Portland, OR 97219**

**Arthritis Foundation
Community Exercise
Programs**

**Take Control of Your
Arthritis**



Updated 04-02-2012

Oregon and SW Washington Program Offerings 2012



Astoria	
Astoria Aquatic Center	503-325-7027
Bend	
Juniper Swim & Fitness Center	541-389-7665
Eugene	
Echo Hollow Pool	541-682-5525
Eugene Family YMCA	541-686-9622
River Road Park & Rec. District	541-688-4052
Sheldon Pool	541-682-5314
Tamarack Wellness Center	541-686-9290
Gresham	
Mt. Hood CC Aquatic Center	503-491-7243
Hood River	
Hood River Sports Club	541-386-3230
Lincoln City	
Lincoln City Com. Center Pool	541-994-2131
Madras	
Madras Aquatic Center	541-475-4253
Oregon City	
Oregon City Swimming Pool	503-657-8273
Ocean Park, WA	
Dunes Bible Family Pool	360-665-5380
Portland	
Northeast Community Center	503-284-3377
Mittleman Jewish Com. Center	503-244-0111
OHSU March Wellness Center	503-418-6272
Providence Therapy Center	503-215-6301
Prov. Therapy Pool @ Easter Seals	503-223-6840
Salem	
KROC Center	503-566-5762
Salem Family YMCA	503-581-9622
Salem Hospital Rehab. Pool	503-561-5932

Aquatic Programs Continued...

Seaside	
Sunset Empire Parks & Rec.	503-738-3311
Sherwood	
Sherwood Regional Family YMCA	503-625-9622
Silverton	
Silver Falls YMCA	503-873-0205
Stayton	
Stayton Family Memorial Pool	503-767-7665
The Dalles	
The Dalles Fitness & Court Club	541-298-8508
Tillamook	
Tillamook YMCA	503-842-9622



Albany	
Albany Senior Center	541-757-8944 x5126
Linn Benton Community College	541-757-8944 x5126
Beaverton	
Elsie Stuhr Center	503-629-6342
Bend	
Bend Senior Center	541-388-1133
Coos Bay	
Downtown Health & Fitness Center	541-267-3948
Corvallis	
Benton Center	541-757-8944 x5126

Exercise Programs Continued...

Enterprise	
Community Connection of Wallowa Co.	541-886-4265
Eugene	
Echo Hollow Pool	541-682-5525
River Road Parks & Rec. District	541-461-7777
Eugene Family YMCA	541-686-9622
Hood River	
Hood River Adult Center	541-386-2060
Newport	
Newport Senior Center	541-265-9617
North Plains	
North Plains Senior Center	503-647-5666
Portland	
Belmont Center (Loaves & Fishes)	503-953-8202
Fook Lock/Hollywood (L & F)	503-281-8109
Hollywood Senior Center	503-288-8303
Mt. Scott Comm. Center	503-823-3183
Multicultural Senior Center	503-988-5470 x24545
Neighborhood Senior Center	503-244-5204
Roseburg	
Douglas County YMCA	541-440-9622
Seaside	
Sunset Empire Parks & Rec.	503-738-3311
Salem	
Salem Senior Center 50 +	503-588-6303
Salem Family YMCA	503-581-9622
Silverton	
Silverton Senior Center	503-874-4102
Tualatin	
Juanita Pohl Center (L & F)	503-692-6767



Astoria	
Columbia Memorial Hospital	503-338-7543
Bend	
Active Life Fitness Corp.	541-389-7536
Terpsichorean Dance Studio	541-389-5351
Eugene	
Campbell Senior Center	541-682-5318
Tai Chi for Health	541-515-0462
Gresham	
Gresham Senior Center	503-988-4870
Hood River	
Hood River Adult Center	541-386-2060
Newport	
Newport Senior Center	541-265-9617
Portland	
SW Community Center	503-823-2840
Redmond	
Redmond Senior Center	541-548-6325
Salem	
Salem Senior Center 50 +	503-588-6303
Seaside	
Sunset Empire Parks & Rec.	503-738-3311
Stayton	
Stayton Family Memorial Pool	503-767-7665
Vancouver, WA	
Marshall Community Center	360-487-7100