



## **ILCSEMO ARTHRITIS PROGRAMS**

### **AQUATIC & LAND EXERCISE CLASSES**

**FREE OF CHARGE!!!!!!**

**TAUGHT BY CERTIFIED  
VOLUNTEER INSTRUCTORS**

**Arthritis/Fibromyalgia Support Group  
meets once a month**

**Chronic Disease Self-Management Workshops**

**For more information about any of these programs, call:**

**Suzann McKnight,  
ILCSEMO Arthritis Program Coordinator  
Toll Free-1-888-890-2333 or (573) 686-2333 ext 222  
(ILCSEMO) Independent Living Center  
of Southeast Mo.**



**WHAT BETTER WAY TO KEEP YOUR JOINTS  
HAPPY & HEALTHLY**