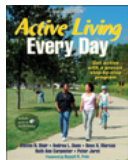


# OSTEOARTHRITIS MANAGEMENT

Learn how to manage arthritis symptoms with self-management education (SME) and physical activity programs. These programs are usually held in the community to help adults prevent and manage negative health consequences and achieve the best possible quality of life.



**Chronic Disease Self-Management (CDSMP)** This is a classroom based program that provides tools to help manage symptoms related to chronic conditions. This workshop meets for 2.5 hours per week over 6 weeks.  
[www.selfmanagementresource.com](http://www.selfmanagementresource.com)



**Active Living Everyday (ALED)** This is a classroom based program for people who want to become and stay more physically active. This workshop meets for 1 hour a week for 12 or up to 20 weeks.  
[www.activeliving.info](http://www.activeliving.info)



**Fit and Strong!** This group based fitness program was created for sedentary older adults who are experiencing lower-extremity joint pain and stiffness, but appropriate for all. This is a group based program that meets for 90 minutes 3 times a week.  
[www.fitandstrong.org](http://www.fitandstrong.org)

**WALK WITH EASE**  
a program for better living

**Walk With Ease (WWE)** offers practical advice on how to walk safely and comfortably, while also providing lots of strategies to help you keep walking and overcoming challenges that can interfere with an exercise program. In both, the instructor led and self-directed version of WWE you are guided through a workbook that educates you on safe walking, exercise safety and symptom management.  
<http://bit.ly/WWElearnmore>



**Enhance Fitness (EF)** This program is open to adults of all fitness levels and typically held at gyms and fitness facilities. Classes are usually held for 1 hour 3 times a week. Benefits include increased strength, improved flexibility and balance, boosted activity levels, and elevated mood.  
[www.projectenhance.org](http://www.projectenhance.org)