



COOPER[®] TRACKS

ARTHRITIS

AT  SHANNON
HEALTH CLUB

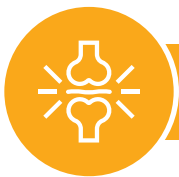
Exercise and Education Programs for Individuals Managing Arthritis Conditions

Exercise and lifestyle modification play an important role in managing chronic health conditions. Yet, for many living with these conditions, beginning an exercise routine can be daunting given physical limitations, safety concerns, lack of information about the disease process and a variety of other factors.

Our program provides the guidance and support needed to help participants begin exercising, increase confidence and develop habits to live healthier to help manage their chronic conditions.

The program is designed for:

- Individuals transitioning from a completed physical therapy program to regular physical activity
- Sedentary individuals diagnosed with a chronic musculoskeletal disease who want to begin an exercise program



ARTHRITIS TRACK

- Osteoarthritis
- Rheumatoid Arthritis
- Other inflammatory arthritic conditions
- Those wanting to improve overall mobility and flexibility

PROGRAM DETAILS

- 8 weeks in length
- 2 small group exercise classes/ education sessions per week
- Pre- and post-program health assessments
- Educational content specific to disease process, nutrition and lifestyle modification
- Exercise tracking tools
- Social support and accountability

Start your fitness journey today!

For questions or more information on program cost, call Shannon Health Club at 325-747-2582, email CooperTracks@ShannonHealth.org, or visit ShannonHealthClub.com.