

OSF Saint Francis RiverPlex
600 N.E. Water Street
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(309) 282-1600
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www.osfsaintfrancis.org
Find us under services/wellness/adult programs

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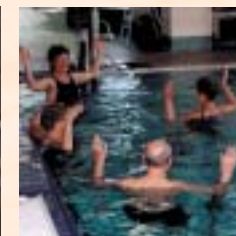
OSF[®]

SAINT FRANCIS MEDICAL CENTER
ARTHRITIS SERVICES

at the



*OSF Saint Francis Arthritis Services
offers classes designed to meet
the educational, emotional and physical needs
of men and women with arthritis.*



Arthritis Aquatic

A workout in the water is one of the safest ways to exercise. The buoyancy of the water takes the stress off joints and the muscular-skeletal system. Exercises are performed in waist to shoulder depth warm water. All motion is against the resistance of water to increase or maintain range of motion and strengthen muscles. Enjoy this warm water pool. Entrance to the pool is by steps with handrails or a chair lift. Depth is 3'6" with a slope to 5'. Before and after classes you may enjoy the separate large whirlpool (11'x14') which has a depth of 3'6" and water temperature of 101 degrees. Showers and locker rooms are available. Participants do not need to know how to swim to participate in the Arthritis Exercise classes. Morning, afternoon and evening classes are offered.



Arthritis Land Exercise Classes



Classes are offered in the aerobic studio. The exercises are performed while sitting in a chair and while standing. This class is adaptable for all exercise levels. The program is designed to increase or maintain range of motion and muscle strength by using gravity resisted and strengthening exercises. The class

includes warm-up, endurance and cool-down exercises. Morning classes are offered.

Tai Chi From the Arthritis Foundation

Tai Chi is known as one of the most effective exercises for mental and physical well-being. It consists of graceful, circular movements that are slow and relaxed. Studies have shown that Tai Chi is beneficial for all ages and abilities. Tai Chi may increase strength, endurance and balance. Tai Chi improves circulation, keeping joints flexible and strong. It can improve concentration, decrease stress, and ease activities of daily living. Why not try it today?



Fibromyalgia Support Group

We invite you to join us in a monthly support meeting. We will provide an agenda for each meeting, incorporating tools to manage your Fibromyalgia. Our goal is to provide you an opportunity to meet with other people with Fibromyalgia in a positive setting. This is a FREE service.

Multiple Sclerosis Aquatic Exercise Classes

OSF Saint Frances Medical Center Arthritis Services, in collaboration with The National Multiple Sclerosis Society, offers an aquatic exercise program. These classes are offered in the cool water lap/aerobics exercise pool. Entrance to the pool is by steps with handrails or a chair lift. Depth is 3'6" with a slope to 5'. In this class, the exercise focuses on stretching, joint range of motion, muscle strengthening, balance and coordination in a positive social setting. Morning and evening classes are offered.



Class Information

All Classes are 50 minutes.

A physician consent form is required to participate.

Classes are included with RiverPlex membership.

Non-members may register and purchase 6-week sessions as follows:

Fee: \$3.25 per class

1 time a week \$19.50 per 6-week session

2 times a week \$39.00 per 6-week session

3 times a week \$58.50 per 6-week session

Registration

To register or for more information on these classes, please call (309) 282-1600 or (309) 282-1605.