If you experience:

- arthritis pain
- high blood pressure
- diabetes
- high cholesterol

...now’s the time to move in the right direction. Learn new exercises, ways to reduce pain and fatigue, even how to decrease your doctor visits and medications.

Take control. Learn, move, live. Find a class at your local Regional Arthritis Center.

www.moarthritis.org
888-702-8818
Course Topics Include:

- Physical Activity
- Medications
- Managing Fatigue
- Planning
- Better Breathing
- Working with Health Professionals
- Problem-Solving
- Relaxing Techniques
- Managing Pain
- Communication
- Healthy Eating
- Understanding Emotions
- Reducing Sleep Difficulties

Missouri Arthritis & Osteoporosis Program

888-702-8818
www.moarthritis.org
mushpmoarthritis@missouri.edu

1 Central
University of Missouri–School of Health Professions
1205 University Ave., Ste. 1100
Columbia, MO 65211
Contact: Amber Phelps
(573) 882-8097
phelpsam@missouri.edu

2 Kansas City Area
Saint Luke's Hospital
4401 Wornall Road
Kansas City, MO 64111
Contact: Orvie Prewitt
(816) 932-2351
oprewitt@saint-lukes.org

3 Eastern
Arthritis Foundation, Eastern Missouri
9433 Olive Blvd., Ste. 100
St. Louis, MO 63123
Contact: Karen Shoulders
(800) 406-2491
kshoulders@arthritis.org

4 Northeast
A.T. Still University
800 West Jefferson Street
Kirkville, MO 63501
Contact: Doris Fountain
(660) 626-2049
(866) 626-2878, ext. 2049
dfountain@atsu.edu

5 Northwest
Heartland Health – Plaza I
802 N. Riverside, Ste. 160
St. Joseph, MO 64507
Contact: Debbie Braby
(816) 271-7064
(800) 443-8858
debbie.braby@heartland-health.com

6 Southeast
Saint Francis Medical Center
150 S. Mount Auburn Road
Cape Girardeau, MO 63703
Contact: Heidi Dunn
(573) 331-5880
(888) 216-3293
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7 Southwest
Mercy SGC-Suite 400
3231 S. National
Springfield, MO 65807
Contact: Margaret Lindsey
(800) 835-5197
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