

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



Living a healthy life with arthritis and other chronic conditions is possible with physical activity and good self-management.

Missouri Arthritis & Osteoporosis Program

mushpmoarthritis@missouri.edu
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



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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
 Kirksville, 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
semorac@sfmc.net

7 Southwest
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 3231 S. National
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Contact: Margaret Lindsey
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