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FOR IMMEDIATE RELEASE

Southeastern District Health Department Announces New Exercise Class in Bannock County

Arthritis Foundation Exercise Class

Pocatello – Southeastern District Health Department (SDHD), Portneuf Medical Center and the Arthritis Foundation announces an exercise program to start in Pocatello on April 17th and running through May 25th for people who have arthritis. The classes will be held on Mondays and Thursdays from 12:00 noon -1:00 p.m. at the Portneuf Medical Center Physical Medicine Facility, 515 E. Benton Street, and is \$50 for the six week session.

This Arthritis Foundation exercise program was developed especially for people who have arthritis. It is a non-clinical exercise program designed to be taught in group settings rather than one-on-one such as in physical therapy programs. The exercises are designed to improve a person's endurance, strength, and joint movement. It can help reduce pain and help a person continue to do the things they need to do and the things they want to do.

For more information and to register for this program, please contact Tracy McCulloch at 239-5250.

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For more information regarding this press release, please contact Mary Howell, Southeastern District Health Department, at 239-5288.