



July 9, 2007

FOR IMMEDIATE RELEASE

Southeastern District Health Department Announces Arthritis Exercise Class to start in Pocatello

Arthritis Foundation Exercise Class

Pocatello – Southeastern District Health Department (SDHD) and the Arthritis Foundation announce a new session of the Arthritis Foundation exercise program to start in Pocatello on July 16th, 2007, and will run through August 20th for people who have arthritis. The classes will be held on Mondays and Wednesdays 11:30 a.m. -12:30 p.m. at the Southeastern District Health Department, 1901 Alvin Ricken Drive, and there is no cost 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.