



CBRC Health & Fitness

OSTEOARTHRITIS

If you are one of the millions of people who have osteoarthritis (OA), being active is an important way to decrease the pain and stiffness that are hallmarks of arthritis. If you avoid physical activity, you'll get weaker and stiffer, making your joint pain and disability worse. Regular exercise has been shown to reduce pain, improve your ability to do daily activities and lower your risk of other health problems. The focus of this program is to improve overall health, reduce pain/stiffness, and improve the ability to do daily activities. Motion is lotion!

Osteoarthritis participants meet with our exercise professionals twice a week for 30-minute sessions.

Osteoarthritis program is available in 3, 6, or 12-month programs.

Cost: \$36-\$43 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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