



CBRC Health & Fitness

RHEUMATOID ARTHRITIS

If you suffer from rheumatoid arthritis (RA), an autoimmune disease that causes inflammation of the joints, being active is an important way to improve your RA symptoms. Increasing physical activity decreases tiredness, joint pain, stiffness, and inflammation. If you avoid physical activity, you'll just get weaker and stiffer, making your arthritis worse. This program will focus on aerobic fitness, strength training, flexibility, and balance.

Rheumatoid Arthritis participants meet with an exercise professional twice a week for 60-minute sessions.

Available in 3, 6, or 12 month programs.

Cost: \$61-\$70 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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