

# The Arthritis Toolkit

A Stanford evidence based program designed to help individuals with arthritis live their lives a little bit better each and every day!

- Exercise CDs
- Information Sheets
- An Action Plan
- Exercise Action Plan
- A Self-Test



Also available  
in Spanish

## Benefits

- Manage your symptoms
- Put life back in your life
- Manage arthritis through exercise, pain management, and relaxation

Contact the Aging and Disability Resource Center at 608-723-6113 for information on how you can get your hands on a toolkit!

For more information and resources contact:



[www.wisconsinarthritisprogram.org](http://www.wisconsinarthritisprogram.org)



1-800-333-1380