

# Free Programs for People with Arthritis

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A new [interactive map](#) shows free arthritis appropriate physical activity programs for people in Vermont. Locations and brief descriptions are included. All are free of charge.

As a health care provider, you play a vital role in educating patients about staying active to reduce arthritis pain and slow progression. Many people aren't aware of how important physical activity is for managing joint pain caused by arthritis.



The Vermont Department of Health can help you connect your patients to a free physical activity program to help them manage arthritis.

Please see the [Arthritis Provider Resources Page](#) on our website and share the link to the [Interactive Map](#) with your patients to help them find the best resources for them.

## Arthritis Appropriate Physical Activity Programs



**[Walk With Ease:](#)** Walk With Ease provides information on arthritis and arthritis symptom management and safe and effective physical activity for people with arthritis, while assisting participants in making behavior changes to increase physical activity.



**[Arthritis Foundation Aquatics Program:](#)** These in-pool classes are conducted by a trained instructor and include joint range of motion, stretching, breathing, and light aerobic activities.



**[Arthritis Foundation Exercise Program:](#)** Trained AFEP instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques and health education topics.



**[The Program to Encourage Active, Rewarding Lives:](#)** This program for adults with depression aims to reduce symptoms of depression and improve quality of life.



**[Chronic Pain Self-Management Program:](#)** Guidance and support to build strength, increase energy and mobility, and manage ongoing or long-term pain and related issues like trouble sleeping or depression.



**[Chronic Disease Management Program:](#)** This workshop provides support for living with chronic conditions including information on nutrition, physical activity, communicating with your health care provider, managing medications and more. Most workshops are available online.

Questions? Contact the arthritis program at [arthritis@vermont.gov](mailto:arthritis@vermont.gov).



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