

Keep Your Momentum Going with AAEBIs!

Congratulations on completing the Arthritis Foundation Walk With Ease program! You've made a big difference in managing your arthritis. This guide introduces you to additional Arthritis-Appropriate Evidence-Based Interventions (AAEBIs). These are programs scientifically proven to help you feel better and live a more active life.



AAEBIs come in two main categories:

- **Physical Activity Programs:** These programs help you safely increase activity levels, improve joint flexibility and strength and potentially reduce pain and stiffness. Examples include water aerobics, tai chi and yoga specifically designed for arthritis.
- **Self-Management Education Programs:** These programs teach valuable skills to manage arthritis symptoms, stay active, reduce stress and live a fulfilling life.

Determining which AAEBI is right for you:

- Do you want to focus on getting more active?
- Are you interested in learning skills to manage your arthritis?
- Talk to your doctor about your fitness goals and ask for recommendations.

Finding an AAEBI Program:

- Learn more about AAEBI programs and find a class at on arthritis.org.
- You can also search online for "[your city] + AAEBI programs" or consult a community program directory at FindHelp.org and 211.org.
- Contact the **Arthritis Foundation Helpline** at <http://www.arthritis.org/helpline> or 1-800-283-7800. The Helpline team can provide personalized recommendations and help you find a program in your community.

Enjoy the next steps of your wellness journey!