

# Oklahoma Arthritis Network and Living Longer, Living Stronger Partnership

## CONTACT INFORMATION

How might you bring an evidence-based self management physical activity or education program to your community?

- Please contact the Arthritis Foundation (800) 627-5486 or (800) 400-4526 for their programs.
- If interested in EnhanceFitness or the Chronic Disease Self Management Program, contact the Oklahoma Department of Human Services Aging Services Division at (405) 522-5966.

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CDSMP – Chronic Disease Self Management Program AFSHP – Arthritis Foundation Self Help Program AFEP – Arthritis Foundation Exercise Program
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