



**This effective program is
suitable for people with arthritis
and proven to reduce pain.
- Arthritis Foundation**

**These exercise classes are enjoyable and
help me stay healthy and active.
- Marilyn G.**

AEA Aquatic Exercise
Association



Exercise Program

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

About the Program...

- Led by trained program leaders
- One-hour sessions offered 2-3 times per week
- Fun, safe and effective way to promote better health

The Exercise Program will help you...

- Keep joints flexible and muscles strong
- Increase energy
- Improve your well-being
- Sleep better

Proven Results...

- Less pain
- Improved joint function
- Increased muscular strength
- Overall sense of well-being
- Better quality of life

Other Arthritis Foundation Program Offerings...

Aquatic Exercise. This warm-water exercise program, suitable for every fitness level, has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component.

**SUMPTER COMMUNITY
CENTER GYM
23501 SUMPTER ROAD
MONDAY, WEDNESDAY
THURSDAYS 10:30AM**

For more information about an arthritis foundation class in your area, contact AEA at **888-232-9283** or **info@aeawave.org** or visit **www.aeawave.org**, select AF Foundation.

The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness, health and wellness worldwide.

Focus: HOPE
1300 Oakman Blvd
Detroit, MI 48238
313-494-4600

Nutrition Update

October 2022

What is CSFP?

The Commodity Supplemental Food Program, also known as CSFP, is a USDA food program.

People over the age of 60 who meet the income guidelines can receive a box of USDA commodities each month. Boxes contain healthy foods grown in the United States. All boxes have cheese, canned fruits and vegetables, cereal, rice or pasta, canned chicken, beef or fish, and peanut butter or beans.

Eating a well-rounded diet with a variety of foods is important for staying healthy and maintaining energy as we age.

Other Food Assistance Programs

Those who qualify for CSFP, also qualify for The Emergency Food Assistance Program (TEFAP). This is also a food program that adds USDA foods to your diet.

The Supplemental Nutrition Assistance Program, or SNAP, provides benefits that act like cash that can go toward buying many different food items.

To learn more about CSFP, TEFAP, and SNAP, contact your local agency listed on this newsletter.

Sumpter Senior Center

734-461-9373

23501 Sumpter Road

Distribution Third

Thursday Monthly

9am to 11:30am

The material provided is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

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