

500 East Morehead Street, Charlotte NC 28202
704/331-4878 Phone, 704/358-8562 Fax
email: aps_clt@bellsouth.net
www.arthritisservices.org



Call 704/331-4878 for more detailed information or to pre-register.

Support Opportunities

Fibromyalgia Management Group

Offers support and education for people with Fibromyalgia. Usually meets the third Wednesday of the month at 1:00 p.m. at Arthritis Services, 500 E Morehead St., Ste 320, Charlotte.
Pre-registration IS required - call 704/331-4878.

Arthritis Support Group

Offers support and education for people with arthritis. Usually meets the second Tuesday of the month at St. Gabriel Catholic Church, 3016 Providence Rd., Charlotte at 10:00 a.m.
No pre-registration required.

Individual Counseling/ Relaxation Training

Counseling is available by appointment to help you deal with the emotional aspects of living with a chronic illness/pain and to learn relaxation techniques.
Call 704/331-4878 for information or appointment.

Educational Opportunities

Information and Referral Services

Arthritis Nurse Consultation

Health Professionals available to meet with you individually or upon request to speak for community groups about arthritis, Fibromyalgia and osteoporosis.

Osteoporosis Screening & Education

Available by appointment. Also provided to community groups upon request.

Community Arthritis Project (CAP)

Comprehensive 12-week Arthritis Management and Exercise Program offered at Mecklenburg County Senior Nutrition sites. Call to see if the CAP is coming to your area.

Exercise Opportunities

Functional Fitness Classes

Taught by a licensed physical therapist for those 55 years of age and over; all fitness levels welcome. Classes are Tuesdays and Thursdays from 9:00 - 10:00 a.m. at the Wilmore Community Center, 501 West Blvd., Charlotte.

Research Opportunities

Arthritis & Osteoporosis Consultants of the Carolinas

Jessica Hooks, 704/342-0252 x228. Call her for information on clinical research trials for Rheumatoid Arthritis and for Osteoporosis.

Metrolina Medical Research

Donna Otero, 704/527-6672. Call her for research opportunities for Rheumatoid Arthritis.

Arthritis Services

**500 East Morehead St., Suite 320
Charlotte, NC 28202**

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Arthritis Outreach
has been produced in
part with the support of
Abbott Immunology