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Description automatically generatedFOR MORE INFORMATION, CONTACT:

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FOR IMMEDIATE RELEASE

**Become a Certified Arthritis Foundation Exercise Program Instructor**

*FREE Certification with the Area Agency on Aging for SWFL*

**Southwest, FL**–August 12, 2022– The [**Area Agency on Aging for Southwest Florida**](https://aaaswfl.org/) (AAASWFL) is seeking dedicated individuals to become certified Arthritis Foundation Exercise Program instructors and volunteers to lead workshops in their local and surrounding communities.

Certification courses are led by the Aquatic Exercise Association (AEA) and take place online. The cost of certification is covered by AAASWFL with a volunteer commitment to lead Arthritis Foundation Exercise Program workshops on behalf of the Area Agency on Aging for SWFL. Instructors must be comfortable with leading older adults in a class setting, have the capacity to demonstrate as well as teach low–impact exercises that are targeted for adults ages 60 and over that have been diagnosed with arthritis or chronic pain, and reside within AAASWFL’s service area that includes Charlotte, Collier, Desoto, Lee, Hendry, Glades, and Sarasota counties.

The Aquatic Exercise Association is a nonprofit educational organization committed to the advancement of fitness, health and wellness worldwide. The Arthritis Foundation Exercise program was designed for adults ages 60 and over to reduce arthritis pain and stiffness, build muscle around the joints, increase energy, and helps prevent other health problems. The program consists of gentle activities to help increase joint flexibility, range of motion and overall stamina, and maintain muscle strength.

To become a certified Arthritis Foundation Exercise Program instructor, contact Liliana Hernandez, AAASWFL’S Health and Wellness Specialist, at [workshops@aaaswfl.org](mailto:workshops@aaaswfl.org) or by calling 239-652-6915.

Funding for the Arthritis Foundation Exercise Program is provided by the Florida Department of Elder Affairs. The Area Agency on Aging for Southwest Florida is a nonprofit organization that has served Charlotte, Collier, Desoto, Glades, Hendry, Lee and Sarasota counties for more than 40 years. The organization is committed to connecting older adults ages 60 and over and people with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state’s designated Aging and Disability Resource Center for Southwest Florida.

More information is available by visiting the AAASWFL website at <https://aaaswfl.org/> or by calling the Elder Helpline: (866) 413-5337.