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August 12, 2025

**\*\*MEDIA ALERT / EVENT\*\***

**Free Arthritis-Friendly Exercise Program Launches in Naples with**

**Special Kickoff Event at HSS at NCH**

**WHAT:** Area Agency on Aging for Southwest Florida (AAASWFL), a nonprofit serving older adults and adults with disabilities, in partnership with HSS at NCH, invites the public to a special kickoff of the Arthritis Foundation Exercise Program (AFEP), a free evidence-based fitness series designed for adults 60+ living with arthritis, stiffness and joint pain.

**WHEN: Saturday, September 27, 2025**

Kickoff event begins at **8:45 a.m.**

Regular classes run **Saturdays, 9:00–9:45 a.m.**,

from **September 27, 2025, to January 17, 2026**

No classes on November 29 and December 27

**WHERE:** HSS at NCH

11190 Health Park Blvd, Building 2

Naples, FL 34110

**KICKOFF HIGHLIGHTS:**

* Welcome remarks by Lauren Riccardi, Director of Rehabilitation Services
* Interactive activities:
	+ DARI Motion Tracker tutorial with personalized printout
	+ Light exercise demo on the anti-gravity treadmill
* Program overview presented by AAASWFL

**WHY:** AFEP classes help reduce arthritis pain and stiffness, increase flexibility, build muscle around joints and boost energy. Exercises are gentle and can be done sitting or standing.

**TO REGISTER:** Contact Gloria Longoria at **239-652-6914.**

**MEDIA CONTACT:**

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**About Area Agency on Aging for Southwest Florida:**

The Area Agency on Aging for Southwest Florida is a nonprofit organization serving Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties.  AAASWFL is the state's designated Aging and Disability Resource Center for Southwest Florida.  The organization is committed to connecting older adults and adults with disabilities to resources and assistance for living safely with independence and dignity.  More information is available at [https://www.aaaswfl.org](https://www.aaaswfl.org/) or by calling the toll-free Helpline at 866-41-ELDER.