

Funding Opportunity!

Do You Work with Seniors?

COVID-19 relief **funding is available for Illinois CBOs** to offer the **Fit & Strong!** Program.



Fit & Strong! is a top-tier **evidence-based program** that can be *offered in person or virtually* to older adults who have pain and stiffness in their joints.

Published findings show **Fit & Strong!** improves arthritis joint pain and function as well as strength, mobility, anxiety and depression. The program is recommended by the ACL, NCOA, and the CDC.

Eligible providers will receive a **STIPEND** and **program licensing, instructor training, exercise equipment, and technical assistance at NO COST** while this funding is available!



Who is eligible?

Wellness providers
Local health departments
Healthcare providers and plans
Independent living residences
...and other CBOs that serve older adults!

For more information please contact:

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