IDPH
Illinois Department of Public Health

UIC CENTER FOR RESEARCH ON HEALTH AND AGING

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!

FIT & STRONG!

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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