

Online Resources:

American Diabetes Association:

<http://www.diabetes.org>

Arthritis Foundation:

<http://www.arthritis.org>

MOVE!:

<http://www.move.va.gov>

Community Based Exercise Programs:

<http://www.pamf.org/patients/communityexercise.html#Arthritis%20Programs>

DASH Diet:

<http://dashdiet.org/>

De Anza College:

<http://www.deanza.edu/specialed/ape/register.html>

Easter Seals:

http://bayarea.easterseals.com/site/PageServer?pagename=CABY_ESCC_Intro

HealthierUS:

<http://www.healthierus.gov/nutrition.html>

Modesto Junior College:

<http://www.mjc.edu/mjcAthletics/PE%20web%20sit/PE%20Adapted%20Program.htm>

Monterey Sports Center:

<http://www.monterey.org/sportscenter>

My HealthVet:

<http://www.myhealth.va.gov>

National Center for Health Promotion and Disease Prevention:

<http://www.prevention.va.gov>

Santa Clara County YMCA:

<http://www.scvymca.org>

Swimming Pools within your Area:

<http://www.clubswim.com>