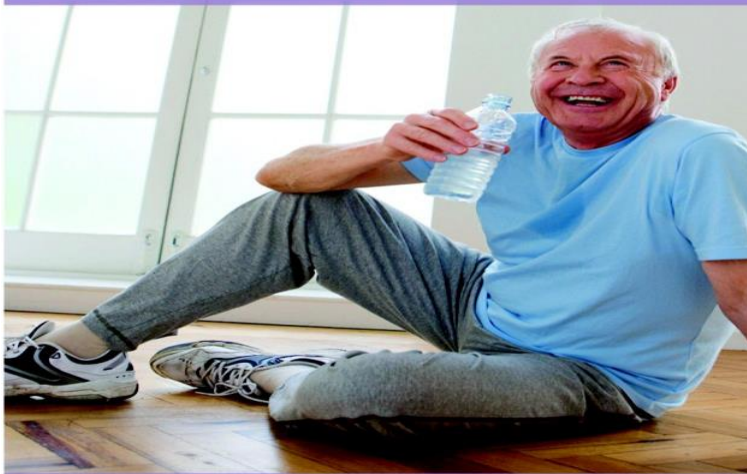


# EXERCISE

a program for better living

Experience the Exercise Program  
Arthritis Foundation Certified.  
Doctor Recommended.



“I have been enjoying the exercise program very much. I feel stronger and more confident in my daily activities... I incorporate some of the exercises along with my back strengthening exercises at home. When I finish the class, I feel energized yet relaxed.”

— Marion K., New York

The **Arthritis Foundation Exercise Program** is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

## Benefits to You

The Exercise Program will help you:

- ❖ Keep joint flexible and muscles strong
- ❖ Sleep Better
- ❖ Increase Energy
- ❖ Improve your overall outlook

**SilverSneakers**  
members welcome  
to attend!

This program is being paid for by Valley Area Agency on Aging and SilverSneakers Flex Programs. If you have any additional questions or concerns, please contact Abbie Mars at Valley Area Agency on Aging at (810) 239-7671.

## Current Classes include:

**Mondays:** Loose Senior Center: 707 N Bridge St Linden, MI 48451; **2:00PM – 3:00PM**

**Tuesdays:** Grand Blanc Senior Center: 12632 Pagels Drive, Grand Blanc, MI 48439; **10:00AM – 11:00AM**

**Wednesdays:** Davison Area Senior Center: 10135 Lapeer Rd., Davison, MI 48423; **10:00AM-11:00AM**

**Wednesdays:** Forest Twp Senior Center: 130 E Main St. Otisville, MI 48463; **12:15PM – 1:00PM**

**Wednesdays:** Imlay City Senior Center: 395 E Third St Imlay City, MI; **2:00PM – 3:00PM** – (Feb28 – April 18, 2018)

**Thursdays:** Grand Blanc Senior Center: 12632 Pagels Drive, Grand Blanc, MI 48439; **10:00AM – 11:00AM**

**Thursdays:** Lapeer Senior Center: 287 W Nepessing St Lapeer, MI; **3:00PM – 4:00PM** – (Feb 15 – May 17, 2018)

**Fridays:** Swartz Creek Area Senior Center: 8095 Civic Dr., Swartz Creek, MI 48473; **11:00AM-NOON**