



Reduce stiffness and get energized

Join us for this low-impact workout that will help reduce pain and decrease stiffness, so you feel stronger and more confident! The **Arthritis Foundation Exercise Program** uses gentle range-of-motion exercises to help people of all fitness levels:

- keep joints flexible and muscles strong
- sleep better
- increase energy
- improve overall well-being

COME JOIN OUR CLASS

There's no cost to SilverSneakers® fitness program members.



We'll see you at class!