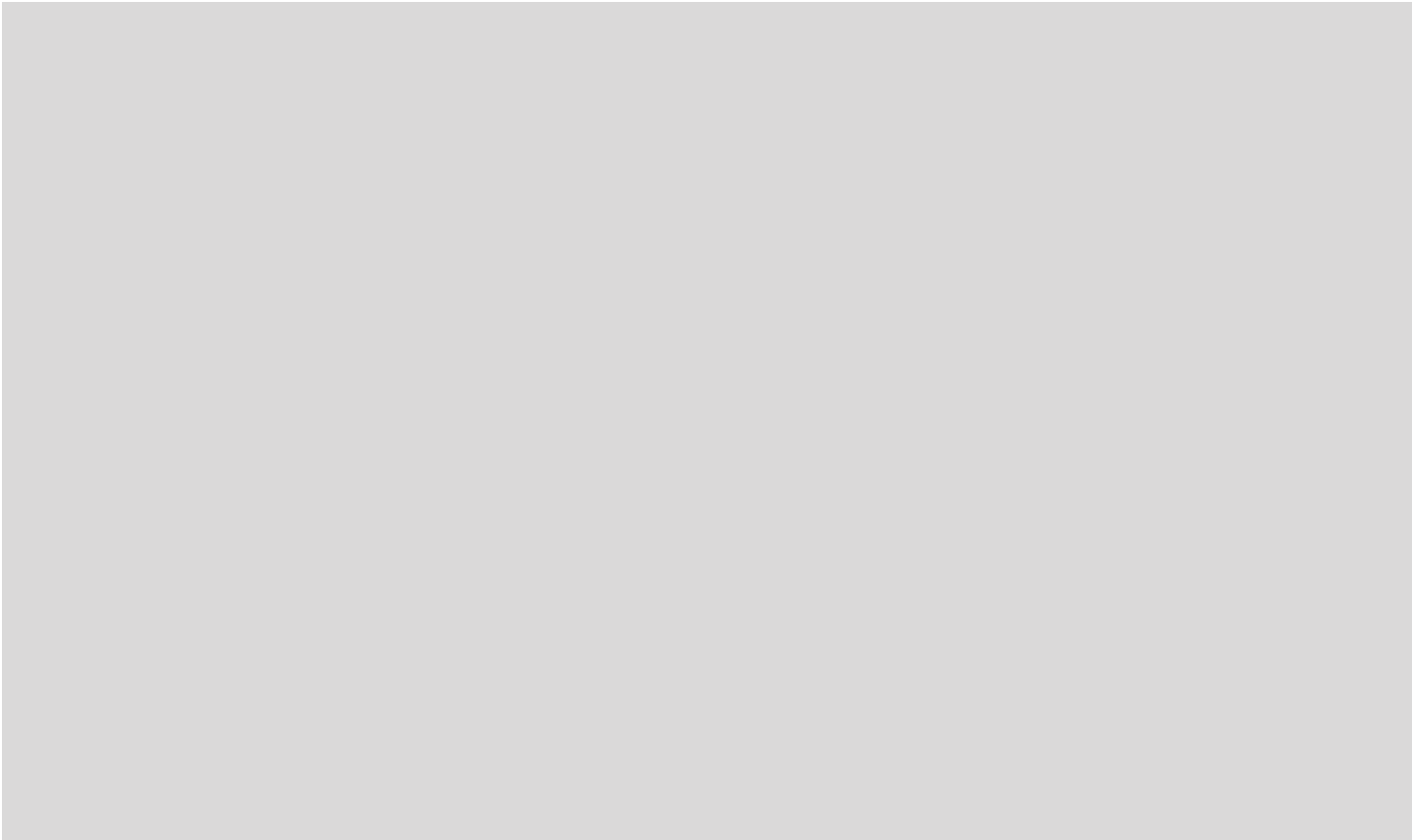


ARTHRITIS FOUNDATION EXERCISE PROGRAM



Join us for a FREE workout program^{1,2} brought to you by the Valley Area Agency on Aging in partnership with SilverSneakers®. 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.



See you at class!



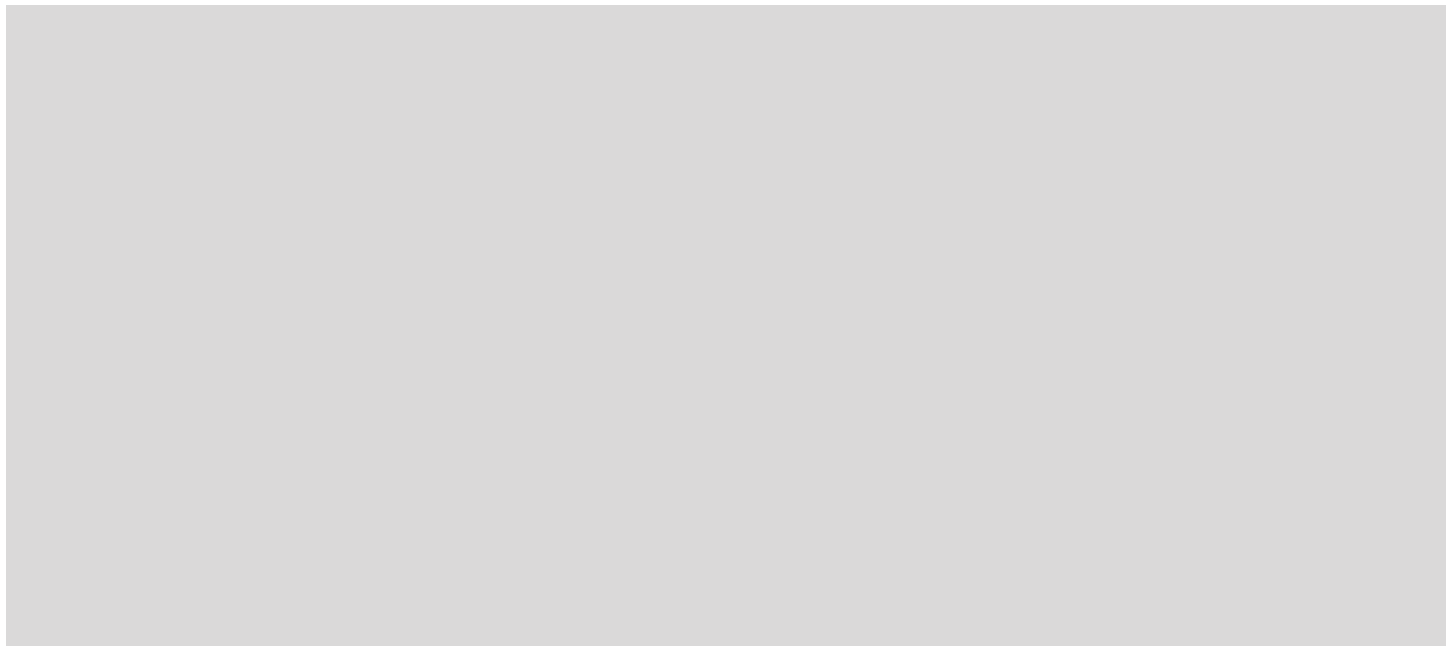
If you have any additional questions, please contact Abbie Mars at Valley Area Agency on Aging at (810) 239-7671.

See reverse for information about the Matter of Balance exercise program.

MATTER OF BALANCE



Join us for a FREE workout program^{1,2} brought to you by the Valley Area Agency on Aging in partnership with SilverSneakers®. Matter of Balance is an award-winning, eight-week program that introduces strategies and exercises to build strength and reduce your risk of falling.



See you at class!



If you have any additional questions, please contact Abbie Mars at Valley Area Agency on Aging at (810) 239-7671.

See reverse for information about the Arthritis Exercise Program.

Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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