

# 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

This class is paid for with funding from VAAA and AASA. If you would like any further information, please contact Abbie Mars at 810-600-0633.

## **Tuesdays**

**YMCA of Greater Flint  
411 E Third St. Flint, MI**

**\*Class will be held in Upstairs  
Fitness Classroom**

**Starting: March 3, 2020**

**1:00pm – 2:00pm**

**FREE!!!**

