



Arthritis Foundation Exercise ProgramSM

**For people with Arthritis,
Fibromyalgia, and Lupus**

Take Control with Exercise



Trained Instructors help you stay safe while getting fit. Gain support from others as you work toward the goal of feeling better.

No More Excuses...Exercise Your Way To Better Health

- Gentle exercise to reduce pain and improve fitness
- Tips to manage your arthritis
- Relaxation for stress relief

Sign Up Today!

Call:
Offered at No Charge