



# Arthritis Foundation Exercise Program

Classes for Adults  
Age 50 and Over

**Mondays & Thursdays, April 30 - June 11  
6:00 - 7:00 pm**



**4061 Grand View Blvd, Los Angeles**  
Free Parking ♦ No class Memorial Day

**Do you think that exercise will make your  
arthritis worse? *Think again!***

The right kind of exercise can not only reduce your pain and stiffness, but can actually help prevent more damage. Developed by the Arthritis Foundation, this exercise program can help individuals with osteoarthritis (and anyone else) to:

- ✓ Increase flexibility
- ✓ Build strength
- ✓ Improve balance

This FREE exercise program meets 12 times and you will get the most benefit if you attend all sessions. You will work at your own level, either sitting in a chair or standing. Attend at least 8 of the sessions and get a free Theraband!

**For more information or to pre-register, call Omar at 310-231-9228  
or email [oaguirre@jfsla.org](mailto:oaguirre@jfsla.org)**

This class is offered through a grant from the LA Department of Aging and is cohosted by the MVCC Aging in Place Committee.



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