



Arthritis Foundation Exercise Class

Classes for Adults Age
50 and Over

Mondays & Wednesdays, Feb 1st - Mar 9th

2:30 – 3:30 pm

Mar Vista Library

12006 Venice Blvd, LA 90066

Free Parking

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 and more!

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.

For more information, call Danny at (818) 984-1380 x108.



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