




Evidence Based Exercise Programs



FY 23-24

(Revised 3/11/24)

Dates are subject to change with inclement weather, holiday's, etc. as needed to complete requirement of sessions. Space is limited and seniors must call 910-296-2140 to register for classes.

 <p>ARTHRTIS FOUNDATION® Exercise Classes; Kenansville Location: Senior Center, 213 Seminary St., Kenansville, N.C. 28349 18 sessions Time: <u>Wednesday's</u> <u>@ 10:30 a.m.</u> <u>Instructor:</u> <u>Melisa S. Brown</u></p> <p>Block 1</p>	 <p>Kenansville Location: Senior Center 213 Seminary St., Kenansville, N.C. 28349 20 sessions Twice a week Tuesday & Thursday 10:30 a.m. Instructor: Beth Taylor</p> <p>Block 2</p>	 <p>ARTHRTIS FOUNDATION® Exercise Classes; Kenansville & Kenansville Location(s) Tuesday's & Thursday's @ 10:30 a.m. (Twice a week) <i>Instructor: Melisa S. Brown</i></p> <p>Block 3</p>
July 5	January 16	Tuesday – April 2
July 12	January 18	Thursday – April 4
July 19	January 23	Tuesday – April 9
August 2	January 25	Thursday – April 11
August 9	January 30	Thursday – April 18
August 16	February 1	Tuesday – April 23
August 23	February 6	Thursday – April 25
August 30	February 8	Thursday – May 2
September 6	February 13	Tuesday – May 7
September 20	February 15	Thursday – May 9
September 27	February 20	Tuesday – May 21
October 4	February 22	Thursday – May 23
October 11	February 27	Tuesday – May 28
October 18	February 29	Thursday – May 30
November 1	March 5	Tuesday – June 4
November 8	March 7	Thursday – June 6
November 15	March 12	Tuesday – June 11
November 27	March 14	Thursday – June 13
	March 19	
	March 21	



April, May, June Sessions—Tuesday & Thursday @ 10:30 a.m.

Instructor: Melisa S. Brown

**1st class session starts: Tuesday, April 2, 2024*

Sessions include low impact physical activity to reduce pain and decrease stiffness. Gentle range of motion/strengthening exercises, that may be taken standing and/or sitting in a chair. Classes are held twice a week on Tuesday & Thursday at 10:30 am for **18** weeks. In the event of class cancellation, participants will be contacted for the rescheduled class session missed. Participants that attend **12 out of 18** classes will receive a certificate of completion. **Participants must be at least 60 and live in Duplin County.** Classes are free, but contributions towards the cost of providing the program are welcomed! Classes are held at the Senior Center located at 213 Seminary St., Kenansville, N.C. 28349. Class size is limited. Participants may bring their own individual weights. Call 910-296-2140, to register for the evidence based program.

18 sessions (April 2—June 13, 2024)