



**Wednesday, August 10, 2022 at 10:30 am**

**Instructor: Melisa S. Brown**

*\*1st class session starts: Wednesday, August 10, 2022*

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 each Wednesday 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 (August 10, 2022—December 7, 2022)**