

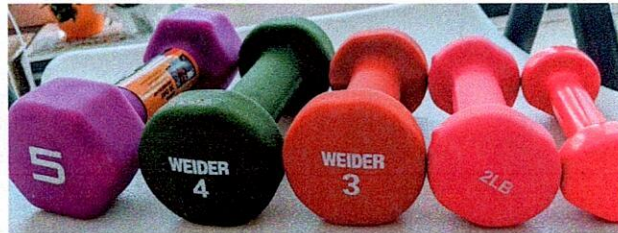


Duplin County Services for the Aged

Dates are subject to change with inclement weather, holiday's, etc. as needed to complete requirement of 18 sessions.

To register for classes, call 910-296-2140.

FY 21-22 – Revised 2/23/2022



The Arthritis Foundation Exercise Program is a low impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range of motion exercises that are suitable for every fitness level and ability. Exercises are led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

The Exercise Program will help you . . . .

- Keep joints flexible and muscles strong
  - Increase energy
  - Improve your well being
    - Sleep better

#### Class Information

1. To register for the arthritis exercise class, call the senior center at 910-296-2140.
2. Class size is limited. You must call to register for the class.
3. Participants can choose to bring their own individual weights.

Arthritis Exercise – **Kenansville** Location: Senior Center 213 Seminary St.,  
Kenansville, N.C. 28349

Time: Wednesday's @ 10:30 a.m. - Block 4 – 2022 – 18 sessions

March Dates – March 9, 16, 23, 30, 2022

April Dates – April 6, 13, 20, 27, 2022

May Dates – May 5 (Thursday), 11, 18, 25, 2022

June Dates – June 1, 8, 15, 22, 27 (Monday), 29, 2022