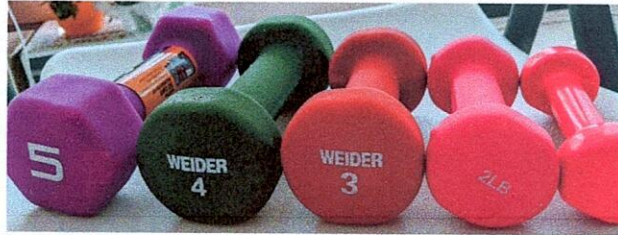




Services for the Aged
Post Office Box 928 – 213 Seminary Street - Kenansville, N.C. 28349
Telephone 910-296-2140 – Fax 910-296-2140



Arthritis Exercise Classes

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. The location and the schedule of the classes vary during the fiscal year. Currently, one arthritis exercise class is held at the senior center on Wednesdays located at 213 Seminary Street, Kenansville, N.C. 28349. Once a participant registers for class, more instructions will be provided on the arthritis exercise locations.
4. **Participants can bring their own individual weights.**