



# Arthritis Foundation Exercise Program

Take control with exercise and reduce pain and stiffness

This **FREE** low-impact, joint safe program is developed for people with arthritis and has been proven to decrease pain and stiffness while increasing flexibility and range of motion.

Suitable for every fitness level!

Classes will be held on  
Mondays and Thursdays  
2:00PM-3:00PM for 8 weeks beginning  
January 7, 2019 until February 28, 2019  
at the Aycock Recreation Center  
(Class will NOT be held on January 21, 2019)

Space in the class is on a first come, first serve basis with a limit of 15 people

For more information, please contact  
Crystal Allen at 252-431-6091 or [callen@ci.henderson.nc.us](mailto:callen@ci.henderson.nc.us)



Henderson Vance

<http://ci.henderson.nc.us/department/recreation-and-parks/>

The mission of the Henderson-Vance Recreation & Parks Department is to provide safe facilities, quality services, programs that are affordable, open and friendly, to enrich the overall quality of life for all residents.

