

# EXERCISE

A PROGRAM FOR BETTER LIVING

# ARTHRITIS FOUNDATION



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!**



## Benefits to You:


The Exercise Program will help:

- **Keep joints flexible and muscles strong**
- **Sleep better**
- **Increase energy**
- **Improve overall health**

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



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

Find us on:  **facebook** : Henderson Vance

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

Classes will be held on  
**Mondays and Thursdays**  
**2:00PM-3:00PM for 8 weeks**  
**March 18, 2019 until May 13, 2019**

(Class will NOT be held on April 18, 2019 )

**Aycock Recreation Center**  
**307 Carey Chapel Rd**  
**Henderson, NC 27537**

For more information, please contact  
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[callen@ci.henderson.nc.us](mailto:callen@ci.henderson.nc.us)