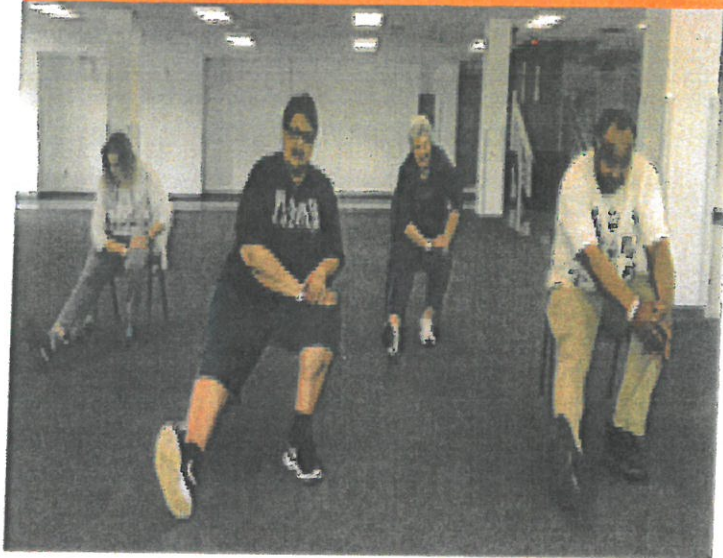


EXERCISE

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 20 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: Henderson Vance



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

Classes will be held on
Mondays and Thursdays
2:00PM-3:00PM

September 5, 2019 until December 12, 2019

(Class will NOT be held on September 16 & 19,
October 17, November 11, 28, 29)

Aycock Recreation Center
307 Carey Chapel Rd
Henderson, NC 27537

For more information, please contact

Crystal Allen at 252-431-6091 or
callen@ci.henderson.nc.us