



LOOKING FOR WAYS TO REDUCE PAIN & STIFFNESS?

Attend a Virtual Exercise Program for help!

The **Arthritis Foundation Exercise Program** is a low-impact physical activity program proven to reduce pain and decrease stiffness.



The routines include gentle range-of-motion exercises that are suitable for every fitness level. Weights, balls and TheraBand's are used in this class.



ARTHRITIS FOUNDATION EXERCISE VIA ZOOM

See schedule below for class offerings. Once registered, you may attend on a drop-in basis whenever it is convenient for you.

Fridays

11:00am - Noon

TO REGISTER contact Abbie Mars at [email marsa@valleyaaa.org](mailto:marsa@valleyaaa.org)

This program is **FREE** of charge

