

# EXERCISE

a program for better living



Starting April 14-May 5, 2014  
Mondays & Thursdays  
from 10:00 - 11:00am

at

**Faith Lutheran Church**  
**37635 Dequindre Rd.**  
**Troy, MI 48083**

Suggested donation of \$2 per  
class to Arthritis Foundation  
Open to the Public!

**Call 248-689-4664 to  
sign up today!**

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, standing or seated.

## Benefits to You

The Exercise Program will help you:

- ◇ Keep joints flexible and muscles strong
- ◇ Sleep better
- ◇ Increase energy
- ◇ Improve your overall outlook
- ◇ Have fun!

**Classes are about one-hour each.**

**Sign up today and bring a friend!**

**Call 248-689-4664**



"I have been enjoying the exercise program very much. I feel stronger and more confident in my daily activities... I incorporate some of the exercises along with my back strengthening exercises at home. When I finish class, I feel energized yet relaxed."  
*- Exercise Participant*

\*\* The Arthritis Foundation is funded in part by the Federal Older Americans Act and the Michigan Office of Services to the Aging through the Area Agency on Aging 1-B. The Arthritis Foundation complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer Program. Reasonable Accommodation will be provided upon notification or request.

