



Have you been diagnosed with arthritis?

Are you looking for an enjoyable and safe exercise program to help restore or maintain joint range of motion and flexibility?

Look No Further! Join Us For Some or All of
The Arthritis Foundation
Exercise Program
Mondays and Wednesdays
11:30 a.m.—12:15 p.m.

Warren County Senior Center
200 E. 4th Street, Bowling Green, KY

Program Dates: April 7th–May 14th, 2014



Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to:

- * **help increase joint flexibility and range of motion**
- * **help maintain muscle strength**

Provided by Community Action of Southern Kentucky's Senior Services Program and open to all ages. Fee for Individuals 60 and over is donation based there is a \$2.50 per week fee for individuals under age 60.

For more information call 270-783-4484 or 270-782-3162

Call and reserve your spot today.