



What: **Arthritis Foundation Exercise Program**

Where: **Ashe Senior Center**
180 ChattyRob Lane
West Jefferson, NC 28694

Dates: **Tuesdays and Thursdays**
Beginning on March 19, 2019
Through May 9, 2019

Time: **1:00 p.m.**

The **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; and, help maintain muscle strength.

Different classes are available to fit your fitness level – with exercises done while sitting, standing or on the floor. The exercises you learn in the program, however, should not replace therapeutic exercises prescribed for you by a therapist.

Participants previously enrolled in the program have experienced such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression.

For more information or to register call the Senior Center at 336-246-4347.