



**Does arthritis pain keep you from exercising?
Join us for a gentle 16-week exercise program designed
for anyone with arthritis or limited range of motion!**

Arthritis Foundation Exercise Program

Location of Class:

Louis S. Viverito Senior Center
In The Get Fit Pit
7745 S Leamington Ave
Burbank, IL, 60459

When:

Classes meet on Wednesdays
Weekly for sixteen weeks and
begin on August 4th, 2021.

Time:

2:00PM to 3:00PM

Cost:

Workshop is free to center
participants

RSVP today to ensure your spot!
See office to register or call
708-636-8850



Topics Covered Include:

- ✓ Learn about how arthritis affects the body and what can be done to help reduce pain
- ✓ Techniques to manage symptoms
- ✓ Appropriate exercise to maintain and improve fitness
- ✓ Skills for relaxation and better sleeping

Programs and services are funded in part by AgeOptions, the Suburban Area Agency on Aging.

White Crane Wellness Center does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call (312) 814-6200 or (217) 785-5125 (TTY).