

# ARTHRITIS FOUNDATION EXERCISE PROGRAM

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**Join us for some fun and fitness with benefits you're sure to notice!**

**Classes will be held at 8:30am on  
Tuesdays & Fridays**

**Conveniently located in the  
Community Services Building  
1201 W Holly, Sidney**

**All fitness levels welcome—even chair exercisers!**

**Professional Trainers will guide you through the  
6 week program to easier movement**

**Only \$10 (suggested donation) for the entire program**

**This class is ideal for everyone that wants to:**

- **Feel better now**
- **Reduce your pain and stiffness**
- **Increase your muscle coordination, balance, flexibility and stamina**

**Classes dates & times to be determined**  
**Call 433-3701 for more information**