



- Decrease pain & stiffness
- Increase flexibility & range of motion
- Build muscles strength & stamina
- Sleep better
- Increase energy
- Improve your overall outlook

## ARTHRITIS EXERCISE CLASS

*Boonslick Senior Center  
512 Jackson Rd, Boonville*

*9/9/14-10/16/14 (6 weeks)  
Tuesdays & Thursdays  
9:00 am—10:00 am*

To register, call Hometown  
Homecare 660-248-2100  
[www.hometownhomecare.org](http://www.hometownhomecare.org)

A low impact, joint safe exercise  
program. You don't have to have  
arthritis to participate.

