



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

ARTHRITIS EXERCISE CLASS

Glasgow Senior Center
603 Second St, Glasgow

9/8/14-10/15/14 (6 weeks)
Mondays & Wednesdays
8:30 am—9:30 am

To register, call Hometown
Homecare 660-248-2100
www.hometownhomecare.org

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

