

“I just discovered not all
arthritis pain relief
comes in a bottle.”



I was looking for a better way to manage my arthritis pain when my doctor told me about the Arthritis Foundation Exercise Program. Developed especially for people with arthritis, this class helps me maintain my fitness while reducing my arthritis pain. I feel good knowing that my class is taught by an Arthritis Foundation certified instructor. Now that I'm active again, I feel more in control of my arthritis and my pain has been reduced.



**Arthritis Foundation
Exercise ProgramSM**

LIFE IMPROVEMENT SERIES

Arthritis Foundation Certified. Doctor Recommended.

Sullivan Senior Center

Mon. & Fri 10am & 11 am; Fee: \$50 for 6 weeks

To register, call 860-201-4626

-affiliated with Charlotte Hungerford Hospital-

 **ARTHRITIS
FOUNDATION[®]**
Take Control. We Can Help.[™]