

# Arthritis Exercise Class

Seniors with arthritis, stiff joints or mobility issues?  
This is a great class for you.

- \* **Movements in chair exercises lubricate a person's joints.**
  - \* **Joints become more flexible and stabilized.**
  - \* **Strengthens muscles to increase circulation.**
  - \* **This is especially helpful to those with arthritis.**

**Duration:** 6 week session, Wednesdays

**Time:** 6:00-6:45 PM

**Dates:** January 8, 15, 22, 29 & February 5, 12

**Snow Date: February 19**

**Where:** Westbrook Teen Center, 1073 Westbrook Rd, West Milford

**Fee:** \$30.00

**\$8.00 equipment fee payable to Erika (instructor) the first class.**

1. To register, go to [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for 2025 Senior Programs.
2. If you need assistance, call the Recreation Office at 973-728-2871. Monday—Friday, 8:30 a.m. – 4:30 p.m.