

# 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: 6:30-7:30 PM**

**Dates: May 1, 8, 15, 22, 29, & June 5**

**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 2024 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.**