

# 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: September 20, 27, October 4, 11, 18, 25**

**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 2023 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.