

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: January 4, 11, 18, 25 & February 1, 8

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

Fee: \$60.00
\$8.00 equipment fee payable to Erika (instructor) the first class.

- 1. To register, go to 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.**