

DO YOU HAVE **PAIN** OR **STIFFNESS**
IN YOUR LOWER BODY?



Join **Fit & Strong!**TM

TO IMPROVE THE QUALITY OF YOUR LIFE

Fit & Strong! is an exercise/behavior change program for older adults with lower extremity osteoarthritis.

Fit & Strong! includes 60-minutes of exercise, and 30-minutes of group discussion/health education.



Benefits to YOU

Fit & Strong! will help you:

- ✦ Manage arthritis
- ✦ Exercise safely
- ✦ Decrease joint pain & stiffness
- ✦ Improve daily function
- ✦ Reduce anxiety & depression
- ✦ Develop & *maintain* an active lifestyle

**FIT & STRONG! IS
AN AWARD-WINNING
PROGRAM
DESIGNED TO MEET
YOUR NEEDS!**



Free classes starting January 17th at Bridges Peru office!

For more information, call Bridges at 815-431-8034