



ARTHRITIS FOUNDATION® EXERCISE PROGRAM

**DESIGNED FOR PEOPLE LIVING WITH
ARTHRITIS. A LOW-IMPACT EXERCISE
PROGRAM FOR ALL FITNESS LEVELS!**

NEW CLASS BEGINS JANUARY 22, 2013

Every Tuesday & Thursday

10:30 – 11:30am for 8 weeks!

Classes held at Florence Therapy & Wellness group exercise room

Cost: FREE! *(includes a class manual)*

This 8-week program is for anyone living with arthritis, joint pain or stiffness. Registration is required. For more information, or to register, please call: (406) 273-4246, email: ptarthritisprograms@gmail.com or stop by!



PROGRAM'S BENEFITS

Helps keep your body
flexible and your
muscles strong

The gentle
movements help
reduce arthritis pain
and stiffness

You will have
increased energy and
improved balance

You will learn tips for
coping with arthritis

FLORENCE THERAPY & WELLNESS

5529 Old US Highway 93
Florence, MT 59833
(406) 273-4246

Instructor: Dusty Lindeen,
PT, DPT

Tuesdays & Thursdays
10:30 – 11:30am