Classes now being held via Zoom!!

Join us on Monday’s & Thursday’s beginning January 4th, from 1:00 - 2:00 pm
Program available to all Northampton County Residents, 60+

For more information call Karen Ferraina
Weekdays between 9:00 am - 2:00 pm 610-767-2977

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

About the Program...
- Led by trained program leaders
- One-hour sessions offered 2-3 times per week
- Fun, safe and effective way to promote better health

The Exercise Program will help you...
- Keep joints flexible and muscles strong
- Increase energy
- Improve your well-being
- Sleep better

Proven Results...
- Less pain
- Improved joint function
- Increased muscular strength
- Overall sense of well-being
- Better quality of life

Other Arthritis Foundation Program Offerings...
Aquatic Exercise. This warm-water exercise program, suitable for every fitness level, has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component.

For more information about an arthritis foundation class in your area, contact AEA at 888-232-9283 or info@aeawave.com or visit www.aeawave.com, select AF Foundation.

The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness, health and wellness worldwide.