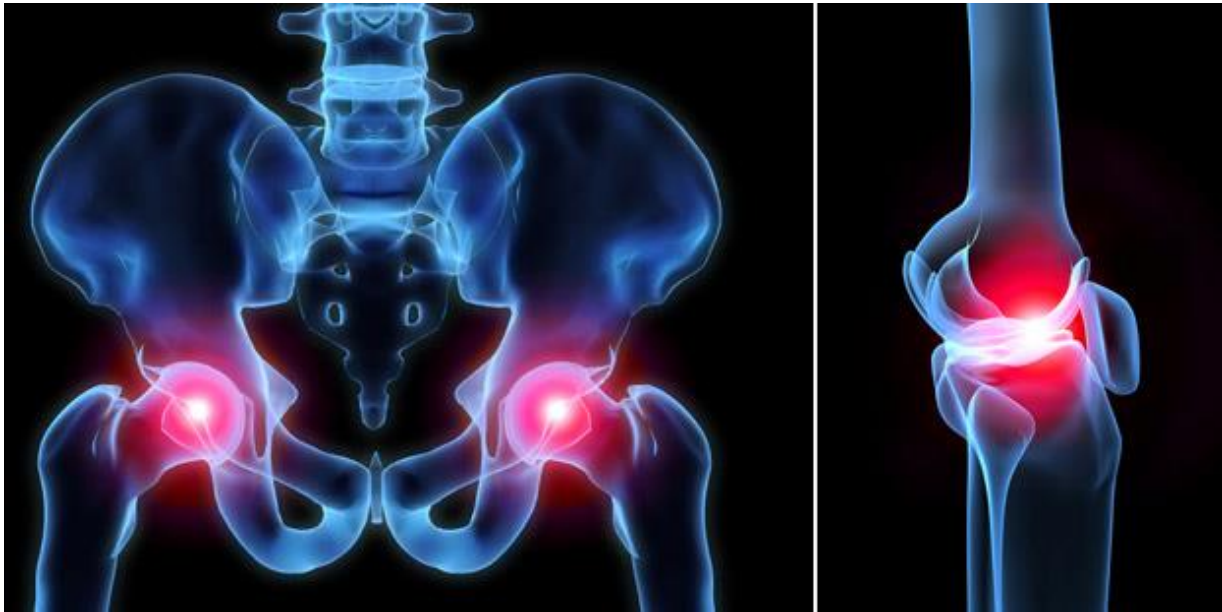


Arthritis Exercise Class

Live well with Osteoarthritis! Drop in to improve the strength, function and range of motion in your hip and knee joints!



September 4th – December 21st, 2018

Every Tuesday & Friday

2:00pm – 3:00pm

White Pines Wellness Centre – Adult Day Center

Call 519-445-4779 for more information, no registration required.

FREE PROGRAM

*also suitable for those finishing physiotherapy after hip/knee surgery

NO CLASS SEPTEMBER 28TH, 2018

