



## Fit & Strong!

A group exercise program for adults with osteoarthritis in the knees and ankles.

- Practice exercises to help with everyday activities, like getting out of a chair or turning corners when walking.
- Learn ways to deal with your symptoms and other problems related to your arthritis.
- Classes are 90 minutes long and meet three times a week for 8 weeks.
- Class leaders are trained certified exercise instructors or licensed physical therapists.
- Fit & Strong! can help you:
  - Decrease your arthritis pain and stiffness
  - Be more physically active and independent
  - Feel more confident that you can control your arthritis
- Most people who take the class say it helped them and would recommend it to a friend.

**Look for a class near you. See the back of this flyer for locations and schedules.**



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