



Arthritis Foundation Certified. Doctor Recommended.

**"I just discovered not all
arthritis pain relief
comes in a bottle."**

I was looking for a better way to manage my arthritis pain when my doctor told me about the Arthritis Foundation Exercise Program. Developed especially for people with arthritis, this class helps me maintain my fitness while reducing my arthritis pain. I feel good knowing that my class is taught by an Arthritis Foundation certified instructor. Now that I'm active again, I feel more in control of my arthritis and my pain has been reduced.

Begins Aug. 2nd-Sept. 15th

Harbin Clinic Vitality Center
504 Redmond Road
Rome, GA 30161

**Class Times: Tues/Thurs
9:00 a.m.- 10:00 a.m.**

\$50/8-week session for Non-Members

Instructors:

Ellyn Houston & Toris Redding

Please call for more info

706.290.2334



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