



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

ARTHRITIS FOUNDATION EXERCISE PROGRAM

MONDAYS / WEDNESDAYS

9:30AM-10:30AM

\$FREE

JAN 13 - FEB 26TH

The Arthritis Foundation Exercise Program is an evidence based program. The movements were developed by physical thereapists to address the pain, fatigue, and decreased strength that often accompay chronic illness. The routines use gentle range of motion movements that are sutable for every fitness level and can be taken sitting or standing

**BROUGH TO YOU BY:
PARTNERS IN CARE**

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**



WESTCHESTER.SCCLA

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.

WHO SHOULD TAKE IT

*ANYONE WHO HAS BEEN
DIAGNOSED WITH ARTHRITIS OR
WHO ROUTINELY EXPERIENCES
JOINT PAIN, STIFFNESS, AND OR
LIMITED RANG OF MOTION IS
INVITED TO ATTEND.*

