**Do you have pain or stiffness in**

**your lower body?**

**Join Fit & Strong!**

**To improve the quality of your life**

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* **Manage arthritis**
* **Exercise safely**
* **Decrease joint pain and stiffness**
* **Improve daily function**
* **Reduce anxiety and depression**
* **Develop and *maintain* an active lifestyle**

**Benefits of fit & strong!**

**Fit & Strong is an exercise/behavior change program for older adults with lower extremity osteoarthritis**

**Fit & Strong! Includes 60 minutes of exercise and 30 minutes of group discussion and health education**

**Classes will be held at (ADDRESS/LOCATION) on (DATES/TIMES)**

**For more information contact: (CONTACT INFO)**