Do you have arthritis pain?
We can help!

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

Where: Henry County UT Extension
When: Each Monday and Thursday
   April 7 - May 19
Time: 9:00a.m - 10 a.m.
Cost: $20.00 for all 13 classes (includes exercise book)
Instructor: Michele Atkins (UT Extension Agent)

Please call 642-2941 to register for the classes!

The University of Tennessee
Extension