



This effective program is suitable for people with arthritis and proven to reduce pain.  
- Arthritis Foundation

These exercise classes are enjoyable and help me stay healthy and active.  
- Marilyn G.



# Exercise Program

Classes Offered  
**Monday-Friday at 9:30am**

Turner-Surles Community Center  
702 Sycamore St. NW - Decatur

Kellie Sims - Instructor  
For more information call: 256-341-4985

Offered by NARCOG in partnership with  
Decatur Parks and Recreation.

## The Exercise Program will help you...

- Keep joints flexible and muscles strong
- Increase energy
- Improve your well-being
- Sleep better

## Proven Results...

- Less pain
- Improved joint function
- Increased muscular strength
- Overall sense of well-being
- Better quality of life

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

## About the Program...

- Led by trained program leaders
- Fun, safe and effective way to promote better health

