

# Washington Women's Center



Are you looking for an exercise program that will help relieve pain, reduce stress and make you feel better about yourself?

Would you like to exercise with other ladies in a supportive and fun environment?

If the answer to these questions is "YES"...

Please call the Women's Center at (510) 608-1301 to register or to learn more information.

Classes are now forming for the Arthritis Foundation Exercise Program!  
**Fee: \$48 for the 12 class series.**

Monday & Wednesday series meets twice a week from 10:30 to 11:30 a.m.

Monday & Thursday series meets twice a week from 3:00 to 4:00 p.m.

**Location:**

Washington Women's  
Center Conference Room  
2500 Mowry Avenue (1<sup>st</sup> floor  
Washington West)  
Fremont, CA 94538

The Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to:

- help increase joint flexibility and range of motion
- help maintain muscle strength

Different classes are available to fit your fitness level – with exercises done while sitting or standing.

Instructors who have undergone a special Arthritis Foundation instructor-training workshop conduct the classes. The exercises you learn in the program, however, should not replace therapeutic exercises prescribed for you by a therapist.

Participants previously enrolled in the program have experienced such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression.

*Wellness. Balance. Life.*



Washington Hospital  
Healthcare System

[www.whhs.com](http://www.whhs.com)