



Felician Village

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For Immediate Release

Date: January 7, 2010

From: Jennifer Meyer, Independent Living Manager (684-7171 Ext 361)

Headline: **Felician Village Offers Arthritis Exercise Program**

Felician Village is offering Arthritis exercise class every Wednesday from 9 a.m. – 10 a.m beginning Wednesday, January 13th. All classes will be held in the Life Enrichment Center at The Gardens at Felician Village, 1700 S. 18th St., Manitowoc. The first four classes will be offered free of charge as part of an introductory offer.

Each class includes a variety of exercises that will help reduce pain and stiffness, maintain or improve mobility and gain muscle strength. Participants will also learn endurance building routines, relaxation exercises and useful health information regarding all forms of Arthritis.

This program is suitable for people of all ages and physical capabilities and can be performed while standing or sitting. The class will be led by Jennifer Collins, a certified instructor.

Space is limited. Pre-registration is required and can be done by calling 684-7171, ext. 255.