

Arthritis Foundation Delaware Branch Programs



Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. 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, standing or on the floor.

Bear

Purpose Driven Fitness.....302-275-2032

Dover

Central Delaware YMCA.....302-346-9622

Lewes

Nanticoke Senior Center.....302-629-4939

Long Neck

CHEER at Long Neck.....302-945-3551

Newark

Newark Senior Center.....302-737-2336

Wilmington

Fraim Senior Center.....302-658-8420