



City of Kingston

PARKS & RECREATION

creating community through people, parks & programs



DO YOU HAVE **PAIN** OR **STIFFNESS**

IN YOUR LOWER BODY?

JOIN FIT & STRONG!

TO IMPROVE THE QUALITY OF YOUR LIFE

Fit & Strong! is an exercise/behavior change program for older adults with lower extremity osteoarthritis.

Fit & Strong! includes 60-minutes of exercise, and 30-minutes of group discussion/health education.



Benefits to YOU

Fit & Strong! will help you:

- ✦ Manage arthritis
- ✦ Exercise safely
- ✦ Decrease joint pain & stiffness
- ✦ Improve daily function
- ✦ Reduce anxiety & depression
- ✦ Develop & *maintain* an active lifestyle

FIT & STRONG! IS
AN **AWARD-WINNING**
PROGRAM
DESIGNED TO MEET
YOUR NEEDS!



Class begins on **June 10th** for 12 weeks

Mondays and Fridays from 9:30 – 11:00 am

Andy Murphy Midtown Center: 467 Broadway Kingston, NY

Call Courtney Carroll at 845-481-7337 for more information