

Fit & Strong! is an
award-winning
program
designed to meet
your needs!



**catholic
charities**
Diocese of Joliet

DO YOU HAVE PAIN OR STIFFNESS
IN YOUR LOWER BODY?



Fit & Strong! is an exercise/behavior change program for older adults with lower extremity osteoarthritis. Each class is 60-minute of exercise and 30-minutes of group discussion/health education.

BENEFITS:

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

DATES: Monday and Wednesday. Jan. 6th- April 7th (No Classes Jan. 20th, Feb. 12th & Feb. 17th)

TIMES: 10:00- 11:30am

LOCATIONS: Frankfort Township Event Center
20701 S Landings Pointe, Frankfort

TO REGISTER,
CALL AMBER 815-221-6013
EXT.6723

We are a faith-based organization providing service to people in need and calling others of good will to do the same.

