



Roy Hillside Senior Center

5051 S. 2000 W., Roy

Arthritis Exercise Tai Chi for Arthritis

- ◆ Lunch
- ◆ Games
- ◆ Education
- ◆ Foot Clinic, etc.

801-773-0860

Director—Kathy Prevedel

Open 8:30 am-3:30 pm, Mon-Thu

9:00 am-12:30 pm, Fri

Arthritis Foundation Exercise Program

Join us for our AFEP class every Friday

When: Fridays, 10:00 - 11:00 a.m.

Where: Roy Hillside Senior Center

5051 S. 2000 W. Roy, UT 84067

Free of Charge!

Multiple exercise activities, including warm-up, range of motion/stretching, strengthening, cardiovascular endurance, and cool down.

To Improve: Functional ability, mobility, muscle strength and coordination

To Reduce: Fatigue, pain and stiffness

