



- ✓ Keep joints flexible and muscles strong
- ✓ Sleep better
- ✓ Increase energy
- ✓ Improve your overall outlook



# Exercising with Arthritis

Classes start  
October 6  
Register today!

The Arthritis Foundation Exercise Program is a tailored, low-impact, group exercise, and education program designed specifically for people with arthritis and related diseases. The program will help participants to reduce pain and stiffness, and help maintain or improve mobility, muscle strength, and functional ability. Participants will learn a variety of exercises that can be performed while sitting or standing.

**Location:** Seretean Wellness Center (1st Floor, Extended Dining Room, check-in)

**Date:** October 6 - November 10 (six-week class, every Tuesday)

**Time:** 12:10 p.m. - 12:50 p.m.

**Cost:** FREE for OSU faculty, staff, and students



**To register or for more information:**

Department of Wellness, Sponsored Programs

Phone: 405.744.9748

Email: [abletech@okstate.edu](mailto:abletech@okstate.edu)



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Wellness

[wellness.okstate.edu/sponsored-programs](http://wellness.okstate.edu/sponsored-programs)

