

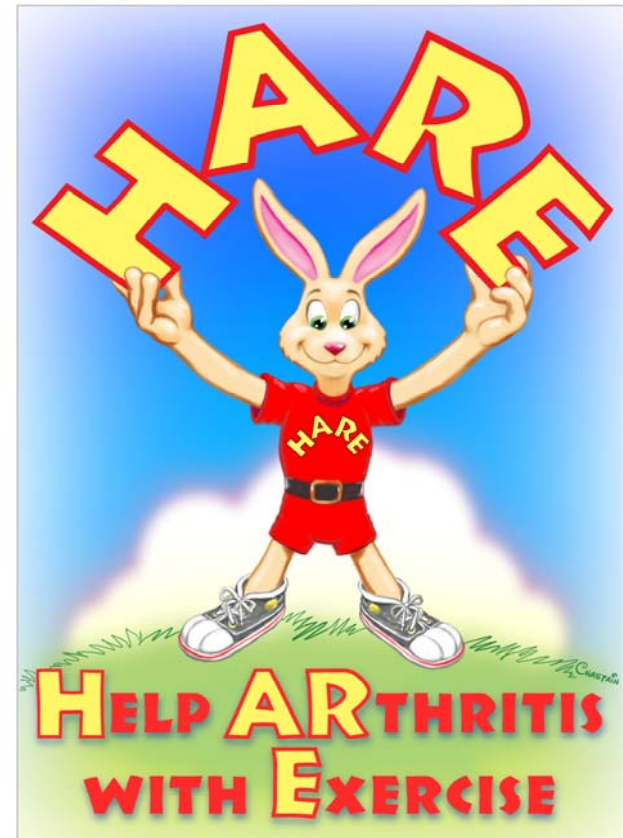
Are you an adult with arthritis?

Senior Monongalians, Marion Co.
and Harrison Co. Senior Citizens are
offering **FREE** exercise classes
for you!

*Hour-long EnhanceFitness™ classes
will be held 3 times a week for 12 weeks*

To be eligible to join...

- must be at least 18
- have arthritis
- not be very physically active
- pass a telephone interview



Call us for details – 304-293-0742

This research study to discover if this program will benefit people with arthritis is funded by the Centers for Disease Control and Prevention and is coordinated by the WVU Department of Orthopaedics - Dina Jones, PT, PhD, Principal Investigator

IRB approval is on file