

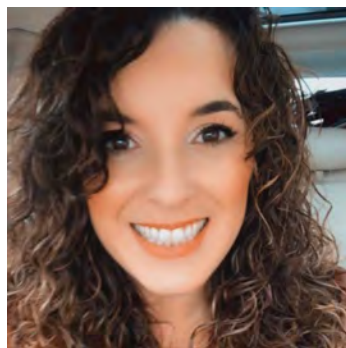
Zoom Arthritis Exercise Class

Wednesdays at @1:00 starting March 3rd, 2021

Join Carol for Element Care's Arthritis Exercise class and enjoy exercises specifically for people with arthritis. Learn gentle activities to help increase joint flexibility, range of motion, overall stamina and to help maintain muscle strength.



- Attend virtually from your computer, tablet, or cellphone
- To register **click here** for the registration link or call Carol Pallazolla at 978-879-7652
- Please register prior to March 3rd, 2021



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