



ARTHRITIS
FOUNDATION®

LOW IMPACT EXERCISE PROGRAM

- Low-impact physical activity program proven to reduce pain and decrease stiffness
- Includes gentle range-of-motion exercises that are suitable for every fitness level and ability
- Led by a trained program leader

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044
Tuesdays and Thursdays • 1:00 to 2:00 p.m.

Virtual Program —

To register for the virtual class, call **410-313-5440** or email mburgess@howardcountymd.gov
Tuesdays and Thursdays • 2:30 to 3:30 p.m.

Elkridge 50+ Center, 6540 Washington Boulevard, Elkridge 21075
Mondays and Wednesdays • 2:00 to 3:00 p.m.



Department of Community Resources and Services

This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation to ensure viability of the program. Those 59 and under pay the actual cost. Call or email for more details.

To register or for more information, contact:

MALARIE BURGESS
mburgess@howardcountymd.gov
410-313-6073 (VOICE/RELAY)



If you need accommodations to participate or need this information in an alternate format, contact Maryland Access Point at map@howardcountymd.gov or 410-313-1234.