



111 W. Harris Avenue  
La Grange, IL  
t/708-354-1323

# ARTHRITIS

# EXERCISE

# PROGRAM

Taught by a certified Arthritis Foundation exercise instructor

**Tuesday and Thursday**  
**9:30 a.m. - 10:30 a.m.**

**\$4.00 per class or \$32 for nine classes**

**For information, please call 708-354-1323.**