AEA Aquatic Exercise Association ARTHRITIS FOUNDATION® Exercise Program

LOCATION: Online Live Webinar

Video connection with camera using a computer or tablet required.
Join us twice weekly for a series of 16 live webinars.

TIME: 12:45 p.m. – 1:45 p.m. **DATES: Jan. 19 – Mar. 11, 2021**

COST: FREE **DAYS: Tuesdays & Thursdays**

REGISTRATION: Call Northeast Florida AHEC 904-482-0189

About the program...

- **One-hour sessions meet twice weekly**
- Fun and safe way to promote wellness
- Proven Results
- Gentle range-of-motion exercises
- Suitable for every fitness level and ability
- Exercise standing or in a chair

The Exercise Program will help you...

- Increase energy
- Decrease stiffness
- Sleep better
- Reduce pain
- Improve joint function
- Increase muscular strength
- Maintain your quality of life

NORTHEAST FLORIDA AHEC *New Directions in Community Health*

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ElderSource *start here for help*

Department of ELDER AFFAIRS STATE OF FLORIDA

Sponsored by NEFAHEC, ElderSource, and the Florida Department of Elder Affairs. Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and older. The programs are offered at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties. Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness, health, and wellness worldwide.