



**COME JOIN US!!!!!!!**



## **“Ask A Physical Therapist”**

**DATE: Tuesday, March 31, 2020**

**TIME: 9:00 AM- 10:30 AM**

**TOPIC: Aging and Exercising**

**WHERE: Belleville Co-op Community Room**

**575 Sumpter Rd, Belleville, MI 48111**

**COME LEARN  
PROPER  
STRETCHING  
TECHNIQUES  
AND HOW TO  
REDUCE THE  
PAIN OF  
ARTHRITIS**