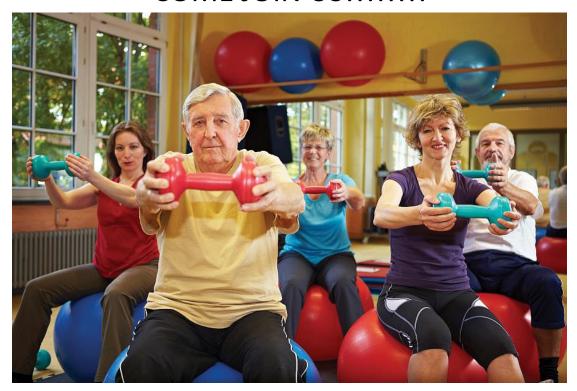


## COME JOIN US!!!!!!!



## "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