

Are You or Someone You Know:
**Tired of joint
pain
stiffness
and inflexibility**



Stillwater Billings Clinic and Stillwater County Extension office are offering **FREE** exercise classes in Stillwater County for people with pain, decreased endurance, flexibility and/or stiffness in their joints. The class are designed to help improve peoples mobility with strength and balance activities to improve their ability to move as well as lessen their pain.

**All are welcome any time
The classes are ongoing**

**Columbus Senior Center
Tuesdays and Fridays 11am to 12**

**Hanna Hall in Fishtail
Mondays and Fridays 10:30 to 11:30**

IT'S TIME TO GET BACK TO LIVING YOUR LIFE!

For more information
Please call: Community Health Services,
Heidi Marshall RN 322-1070

