

Arthritis

AUSTRALIAN CAPITAL TERRITORY
Incorporating Osteoporosis ACT

DO YOU...

- GET ACHES AND PAINS?
- HAVE STIFF JOINTS?
- OFTEN FEEL TIRED or WEAK?
- HAVE POOR CIRCULATION?

WELL OUR EXPO IS FOR YOU!!!

A FREE DEMONSTRATION OF *WARM WATER EXERCISES*

12 NOON – 1PM
TUESDAY 23rd MARCH 2010



Club MMM! Day Spa
(CISAC 100 Eastern Valley Way, Belconnen)

What is Warm Water Exercise (WWX)?

Warm Water Exercise (WWX) is a gentle and effective way to encourage activity that helps arthritic joints to move. The warmth helps relieve stiffness and pain; the buoyancy of the water provides support and protection for your joints, and the resistance of the water strengthens your muscles.

What is Strength and Balance Exercise?

As part of our *Falls Prevention Project* we have developed a Strength and Balance Exercise Program. These are guided workshops in land-based and warm water exercise sessions.

YOU ARE INVITED TO

Our WWX Expo to see our demonstrations of our strength and balance exercises.

FREE ENTRY

The Pool

The Hydrotherapy Pool operates at 33 degrees which is warmer than most indoor heated pools which may assist with following conditions;

- Arthritis - Osteoporosis - Fibromyalgia
- Joint replacement or other orthopaedic surgery recovery
- Improving circulation, aches and pains as well as general fitness, injury recovery
- Sufferers of Multiple Sclerosis
- Stroke Victims

For more details on any of the above please call
ARTHRITIS ACT (Inc. Osteoporosis) on:
(02) 6284 8844

'MOVE IT OR LOSE IT'...