



## FREE AEA Arthritis Foundation Exercise Classes at the seven GECAC Senior Centers

The Greater Erie Community Action Committee's Area Agency on Aging is providing free Arthritis Foundation Exercise Classes. The Exercise classes are designed to help seniors enjoy an overall sense of well-being, and a better quality of life while reducing pain and inflammation. Improved joint function and increased muscular strength are additional benefits. Seniors age 60 and over are eligible to sign up and attend. Interested Seniors may call **814-459-4581 ext. 519** for more details, or, they may call the GECAC Senior Center in their area for class dates and times.

<b>GECAC Corry Sr. Center</b>	- 25 S. First Ave., <b>Corry</b>	- <b>814-664-2477</b>
<b>GECAC Erie West Sr. Center</b>	- 1210 W. 8th St., <b>Erie</b>	- <b>814-451-5634</b>
<b>GECAC North East Sr. Center</b>	- 50 East Main St., <b>North East</b>	- <b>814-725-5195</b>
<b>GECAC Northwestern Sr. Center</b>	- 9 Academy St., <b>Albion</b>	- <b>814-756-5373</b>
<b>GECAC RBW Central City Sr. Center</b>	- 823 Peach St., <b>Erie</b>	- <b>814-451-5633</b>
<b>GECAC Tri-Boro Sr. Center</b>	- 7555 W. Ridge Rd., <b>Fairview</b>	- <b>814-474-2211</b>
<b>GECAC Union City Sr. Center</b>	- 27 Johnson St., <b>Union City</b>	- <b>814-438-2146</b>



Partners committed to health & wellness