

**Ohio River Valley Chapter
Arthritis Foundation Exercise Program
Dayton Area Locations**

Arthritis Foundation Exercise Program is a group exercise program designed to increase joint flexibility and range of motion. Classes are ongoing or 6-8 week sessions. Costs vary by location. If you have questions about any program, call us at 800-383-6843. Also visit our web site at <http://www.arthritis.org>.

Clark County

Clark County Combined Health Department
529 East Home Road
Springfield OH 45503
937-390-5600

Montgomery County

Vandalia Senior Center
21 Tionda Drive South
Vandalia, OH 45377
937-898-1232

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