

FLORISSANT SENIOR OFFICE

FREE HEALTH & WELLNESS OFFERINGS

Kick the Aches of Arthritis

Presented by St. Louis Oasis



Arthritis is one the most common diagnoses encompassing at least 200,000 new cases a year. This course, focusing on the lower body, is designed to help you learn the best ways to manage arthritis with exercise. A trained physical therapist will direct you through exercises and activities to maximize your function and minimize your pain

When: Thursday, September 26

Time: 10:00 a.m. to 11:30 a.m.

Cost: Free - for Residents & Non-Residents

Where: JFK Community Center - Carnation Cove Room

How to Register: Please call Oasis at 314-862-4859, ext. 24, Class #9550

DePaul Hospital - Osteoporosis Bone Health

Presented by SSM



The Bone Health Team from SSM Health will explain Osteoporosis and why it's important to know about your bone health. They will explain how to maintain or improve bone health with specific exercise, nutrition, and treatments. Activities to improve balance and prevent falls will be discussed.

When: Thursday, October 10

Time: 1:00 p.m. to 2:00 p.m.

Cost: Free - for Residents & Non-Residents

Where: JFK Community Center - Carnation Cove Room

How to Register: The Senior Office at 314-839-7605