

**B/S/S/T Area Agency on Aging's
Health & Wellness Program brings you**



Arthritis Foundation Water Aerobics



Elk Lake High School

2380 Elk Lake School Road, Springville, PA 18844

**Starting Monday, September 14, 2026, classes will be every
Monday and Thursday from 5:00pm-6:00pm.
Classes will end Thursday, November 19, 2026.**

- **Limited Space!**
- **Register by calling
1-800-982-4346 or**
- **email Hollie Irvine at
h Irvine@bsstaaa.org**
- **Free for adults
aged 60 or over!**



**The Health and Wellness Arthritis Aquatic program is a wellness and
prevention program for adults 60 and older. The aquatics class is a
warm water exercise program geared to reduce pain, increase range
of motion, and promote overall health.**

The B/S/S/T Area Agency on Aging, Inc. is funded in part by the Pennsylvania Department of Aging, the United Way of
Bradford County, and the United Way of Susquehanna County. For additional information on Area Agency on Aging
services, please call 1-800-982-4346