

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



# **Arthritis Foundation**

## **Water Aerobics**

### **Elk Lake High School**



**Starting March 16, 2026, classes will be every**  
**Monday and Thursday from 5:30pm-6:30pm**  
**Classes will end May 21, 2026**

- **Limited Space!**
- **Register by calling**  
**1-800-982-4346 or**
- **email Hollie Irvine at**  
**hirvine@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, and the United Way of Susquehanna County. For additional information on Area Agency on Aging services, please call 1-800-982-4346**