



ARTHRITIS: PHYSICAL ACTIVITY

Manage arthritis by staying physically active!



Get answers to the following questions and more:

- Is it safe to exercise even though I have arthritis?
- How can exercises help me manage my arthritis?
- What kind of exercises are recommended for people with arthritis?

SPEAKER: Kanako Fukuyama, MSW
Health Promotion Specialist, KEIRO

FREE EVENT

WHEN: Wednesday, April 12, 2017 | 10:00 - 11:00 a.m.

WHERE: East San Gabriel Valley Japanese Community Center
1203 W. Puente Ave., West Covina, CA 91790

CONTACT: For more information, please contact Kanako Fukuyama
at registration@keiro.org or 213.873.5709

All programs are FREE unless otherwise noted and are made possible by KEIRO along with support from our Community Partners, donors, and volunteers.

HOSTED BY:



EAST SAN GABRIEL VALLEY
JAPANESE COMMUNITY CENTER ESGVJCC

Keiro

KEIRO® is expanding our reach to broadly engage and support Japanese American and Japanese older adults throughout Los Angeles, Orange, and Ventura counties. KEIRO provides services to older adults and caregivers, along with programs for residents of KEIRO's former facilities.