

# The Joint Movement



Group strength classes  
for adults of all ages

**MOVE BETTER  
FEEL BETTER**

Find out more today

**The Joint Movement Program is a 12-week group exercise program made especially for people 65 and over with arthritis-related symptoms.**

The 12-week Program is available as either a land-based program (e.g. in health centres or gyms) or a warm water-based program. The availability of each program type varies by location.

The Joint Movement is run by trained fitness professionals, so you can be sure that you are exercising safely, correctly and for the most benefit!

*Due to the Coronavirus (COVID-19), our in-person classes are on hold and will resume as soon as it is safe to do so. In the meantime, online classes are now available for registration.*

**Register Today!!**

**Cost - Online classes are currently available for FREE registration during the Coronavirus restrictions.**

**To be eligible to join, you must be living in Queensland and be aged 65 and over, or 55 and over for people who identify as Aboriginal or Torres Strait Islander.**

**Registrations - call 1800 011 041 or email**

**Email - [health@arthritis.org.au](mailto:health@arthritis.org.au)**