



THE BECOMING CENTER'S Arthritis Club:

Enduring Friendships

Participants in **The Becoming Center's** Arthritis Club and exercise class would rather plan their next holiday celebration, dine out for lunch or reach out to class members who might need some encouragement and a friendly phone call than complain about their aches and pains.

Many current members of the Arthritis Club were founding members

six years ago. The original aquatic arthritis class enjoyed in the heated pool has

"Physically and emotionally, the classes give me energy."

grown over the past ten years to a total of nine classes, and over 100 participants!

Friendships Blossom in Fun and with Care

Bev Reilly, coordinator and fitness instructor for The Arthritis Club, says genuine friendships blossom from the fun they share. And, she adds, "God's hand is definitely at work" as new members find themselves in a group of people who share similar interests, joys, and troubles. "They somehow find themselves where they need to be. When someone is missing, they check in. If a spouse is sick, dinners are sent.

If someone in the group or on our staff is going through a hard time, we send cards and good wishes!" And who could resist a pool exercise program with funny hat contests and holiday potluck dinners?

Ann May Greene joined the Arthritis Club three years ago following shoulder surgery. She just planned to exercise during her recovery. But she still exercises every week because "I love the people in my group, especially Bev! We're one big family! Physically and emotionally, the classes give me energy. Bev knows exactly how to make each exercise benefit each one of us. And, it's so much fun! It's hard to make new friends at a certain age when we're all 'established,' but I've made some of my best friends at The Becoming Center. We take good care of each other!"

For more information about The Becoming Center, call Gina Formica at 215-283-9999, or visit www.becomingcenter.com



Friends in Fitness. Bev Reilly, fitness instructor, and Ann May Greene enjoy the benefits of fitness and friendship at the Becoming Center.