



NEWS RELEASE

FOR IMMEDIATE RELEASE

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ARTHRITIS EXERCISE CLASS

Barrington, Ill. (July 20, 2007) – Barrington Horizon Senior Living Community is offering a 10-week arthritis exercise class from 9:30 to 10:30 a.m. Thursdays starting Aug. 23 at the facility, located at 1418 S. Barrington Rd. in Barrington. Join Linda Avellon, certified arthritis exercise specialist, to learn relaxation and joint-protection techniques that participants can practice at home. The class fee is \$22. Participants can join the program at any time and will be given credit toward the next session. For more information, contact Linda Avellon at 847-852-3892.

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