



MORONGO BASIN SENIOR SUPPORT CENTER
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FOR IMMEDIATE RELEASE

*May 11, 2009
Yucca Valley, CA*

**MORONGO BASIN SENIOR SUPPORT CENTER EXPANDS ITS SERVICES
TO INCLUDE FREE ARTHRITIS FOUNDATION FLOOR EXERCISE
CLASSES**

The Morongo Basin Senior Support Center (MBSSC) is offering one-hour floor exercise classes twice a week on a first-come first-served basis each Monday and Friday beginning at 10:15 am. The classes, aimed especially for those seniors who have arthritis, fibromyalgia, or who are in need of gentle exercises, are taught by certified Arthritis Foundation instructors and are expected to quickly fill to capacity.

“We are pleased to be able to expand our service offerings to include many more of our local seniors,” said Jackie Underwood, the President of the Board of Directors and a certified instructor. “For many years our pool facility has been successfully providing the warm-water Arthritis Foundation exercise programs to hundreds of seniors each year, and this is a natural extension of those services.” The addition of floor exercise classes, also known as land exercise classes, is just one of the many positive changes MBSSC will be bringing to the community in the near future. The classes will be initially offered to any senior as an introduction to the newly expanded service offerings at the center, which recently changed its name from the Morongo Basin Adult Health Services. In the future the classes will be offered as part of the services available to all MBSSC members.

For more information visit the web site at www.mbssc.org or call 760-365-9661 from 8am – 2pm Monday through Friday.