

# *Do You Have Arthritis?*



## **Take Control With Exercise**

Learn How Exercise

Can Reduce Your

Arthritis Pain and

Stiffness with the

**Arthritis Foundation**

Exercise Program

**Classes: Tuesdays and Thursdays, 8:30 AM – 9:15 AM, in the Lap Pool (78 degrees)**

**Cost: \$8**

**Certified Instructor: Lynn Difley**

**Simpkins Family Swim Center, 979 17th Ave., SC**

**Phone: 831 454-7960 (Swim Center Front Desk)**