

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: \$7

Certified Instructor: Lynn Difley

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

Phone: 831 454-7946