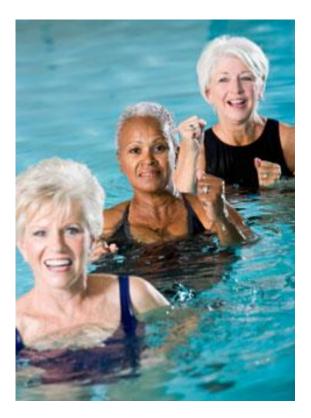
COUNTY OF SANTA CRUZ DEPARTMENT OF PUBLIC WORKS ______ PARKS, OPEN SPACE AND CULTURAL SERVICES

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