

# 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,**

**Cost: \$7**

**Certified Instructor: Lynn Difley**

**Simpkins Family Swim Center, 979 17<sup>th</sup> Ave., SC**

**Phone: 831 454-7946**