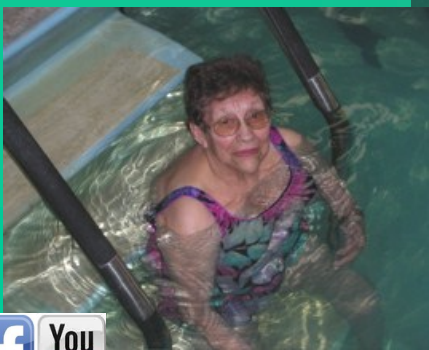


Arthritis Aquatics Exercise

CASTRO VALLEY ADULT AND CAREER EDUCATION

*Relieve arthritis pain with the
use of buoyancy from water and
the relaxing warmth of a heated pool.*

- Decrease arthritis pain and stiffness
- Improve flexibility
- Increase joint motion
- Restore or maintain muscle strength
- Exercises meet Arthritis Foundation requirements



Thursdays
2:00-3:00 p.m.
September 15 -
December 15

**Open enrollment
8 classes for \$90.00**

**CLASSES HELD AT:
VibrantCare Rehabilitation
20996 Redwood Road
Castro Valley**

**Classes purchased
through**

**www.cvadult.org
Castro Valley Adult
and Career Education
4430 Alma Avenue
Castro Valley**