

Exercise is the best medicine.



Join us for our  
Arthritis Foundation  
Aquatic Program

Monday & Wednesday Evenings 6:00 to 6:50pm

\$99 for a 3-Month Session! Must be 55+ years of age



PARADISE VILLAGE

2700 EAST 4TH STREET, NATIONAL CITY, CA 91950

- "Pro-Rated" pricing available. Call for details. Payment must accompany registration.
- Registration may be made by mail or in person at Paradise Village Wellness Center.
  - Please arrive at least 15 minutes early to your first class.

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Payment due at time of registration. Thank you.