

Exercise is the best medicine.



Join us for our
Arthritis Foundation
Aquatic Program

Monday & Wednesday Evenings 5:00 to 5:50pm

\$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 10 minutes early to your first class.

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Name _____

Address _____

Phone _____ Email _____

Emergency Contact:

Name _____ Phone _____

Payment due at time of registration. Cash or check only. Thank you.

For more information, contact the Paradise Village Wellness Program at 619-399-5416.