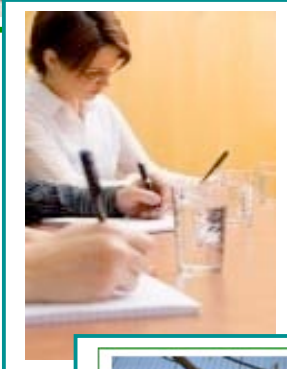




FREE CLASSES!
All are Welcome!

Learn to say “know” to arthritis

“My doctor recommended I take the Arthritis Foundation Self-Help Program developed especially for people with arthritis. Classes are taught by certified leaders. The program gave me new ways to control the impact arthritis had on my life. My pain has been reduced.”



Tuesdays June 24th thru July 29, 2008
4:30 p.m. to 6:30 p.m.

Woodland Community and Senior Center
2001 East Street
Woodland, CA 95776

To Register Call
Jay Pugh, Arthritis Foundation
800 571-3456

A University of California-Davis Program

California AgrAbility Project



Helping Californians Farming with Injuries and Disabilities
800-477-6129