

Partners in Care Wellness Club



# Arthritis

*Free Exercise Class*

Keep Joints  
flexible and  
muscles  
strong

September 26 to  
November 2

Improve your  
Well-Being

Sleep Well

TUESDAY & THURSDAY  
11:30 AM - 12:30 PM  
RECREATION PARK GYM

Increase  
Energy

THE CITY OF  
SAN FERNANDO

  
Partners in Care  
FOUNDATION

818-898-7340

[WWW.SFCITY.ORG/SFRECREATION](http://WWW.SFCITY.ORG/SFRECREATION)