

Did You Know???? 1 in 4 people suffer from Arthritis!  
464,000 Nevadans are affected by arthritis and arthritis related disease!

Learn to teach the Arthritis Foundation's Life Improvement Series

# Aquatic Program

**\$100 3 Year Certification**

Saturday, March 17th 8-5 & Sunday, March 18th 8-2

At the Bill and Lillie Heinrich YMCA 4141 Meadows Lane Las Vegas, NV



Don't miss this opportunity to help others

- Decrease their pain
- Reduce Immobility
- Improve stiffness
- Live a Better Quality of Life

For More Information:

**Crystal Schulz**, Community Development Manager  
Arthritis Foundation Nevada Office  
cschulz@arthritis.org  
702-367-1626  
702-575-7669