

# SAWFA WORKSHOP

Date: Saturday 19<sup>th</sup> June

Time: 10 am

Place: Kidd's Beach, E C



RSVP: Marianne 083 605 9350

SAWFA Members : R80 Non-members : R120

## Two Topics!



- Knee Injuries
- Dealing with Muscle Cramps

Hosted by Rona Gradwell



The contact information card for Rona Gradwell features a logo at the top consisting of three interlocking blue rings. Below the logo, the text reads: "RONA GRADWELL | 043 7811 922", "-learn to swim SA instructor- | 082 494 0195", and "-aqua aerobics instructor- | swismsmartschool@gmail.com". A small box below this text states "Swimming Lessons offered for ages 2 - adults". At the bottom, a location pin icon is followed by "167 Oceanview Terrace / Cross Street, Kidd's Beach".



Presented by  
**Candice Armstrong,  
Chiropractor**

A short meeting for SAWFA members will follow the workshop; 1 CEC lecture & 1 CEC meeting!