

Team Life Presents:

**WATER EXERCISE**  
at the Palomar College Pool

**October 28, 2008**

**Come by any time between 4:30 and 6:00 p.m.**

**Stay cool in the pool!**  
**Listen, learn, and participate in this fun evening activity.**

**Water exercise is a great, low-impact way to stay fit**  
**when the temperature is high!**

**For more information, contact:**

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**T**  
Together

**E**  
evaluating

**A**  
assessing

**M**  
managing

**L**  
life

**I**  
improvements

**F**  
for

**E**  
employees