

"We started coming to the Therapy Pool for my husband, he was losing his balance and was getting very stiff. I think coming to the sessions gave him at least another 6 months before he had to use a wheel chair and helped keep him flexible until he passed."

"Balance - don't have to hop around to put on underwear. Stamina - can run through airports like a breeze to catch connecting flights. Toning - underarm no longer flap after I'm done talking with my hand and arms."

"Enjoying my classes-had minor hip problem that completely vanished with stretching exercises; can enjoy walking again. Teachers are great and SO MUCH FUN!"

"I am a success story. When I first started my energy levels were low and I feared the water. Now I have energy galore and now find new courage in the water" BETTIE

"I have been coming to the Therapy Pool since it opened. I was having horrible debilitating pain and balance problems from Fibromyalgia. I quickly went from unmanageable pain to manageable pain, lots of relief, balance and more control. I was even able to drop 4 of my 13 medications and my doctor is confident I will have less meds in the future. When you have no more self-confidence in your abilities to do the simplest of things you used to do it affects your thinking and feeds depression. I now have the relief and confidence I need to tackle any physical problems due to my Fibromyalgia. Susie (manager), Dell (pool manager), Diana and Kitra (instructors) and others are extremely helpful, encouraging and pleasant. I experience others to talk with who share some or all of my infirmities too. I will keep coming as long as I am able. It's a welcome relief from my ailments and HAPPY place to be." A. MARCOTTE

"I had arthroscopic knee surgery in October and was not getting the results that I was hoping for. I am so happy and pleased that since I joined, with Sue leading my class, my knee is improving. I really appreciate the Senior Center and Therapy Pool and thanks to Sue for the dedication." DOROTHY WARRINGTON

"My name is Verlon Edson and I have attended the arthritis class led by Carole this past session. My reason for attending this particular class was due to excruciating pain from osteo arthritis, diagnosed in mid January 2011. Prior to coming to this class I went to a regular doctor and chiropractor for pain management. Nothing they did helped by pain including prescription drugs. However after attending about three weeks of the aquatic arthritis classes I am currently Pain Free! I am indeed so grateful for this class and all the prayers for me!"

"My name is Pura Delgado and I arrived in New York City in 1948 from Puerto Rico. I lived in New York City and then 25 years in New Haven, Connecticut. I was diagnosed with Rheumatoid Arthritis in 1979 and have been on medication since then. I arrived in Orlando, Florida on February 2, 1991; two years later I was invited by a friend to Westmonte Therapy Pool in Altamonte Springs. I went and stayed for 15 years. Upon hearing of the opening of the Chuck Pula Therapy Center I transferred to the pool three and a half years ago. It has been a wonderful experience, a bigger pool, great teachers, a variety of exercises and terrific participants. I turned 80 this year and participating in this program has helped keep me healthy, a sharp mind and positive spirit. Thanks to all who contributed to make this therapy pool possible."

"I have been a member of the Advanced Aqua Aerobics Class for quite some time. During my time here I underwent knee replacement surgery. As soon as possible after the

therapy I returned to the Advanced Class. Upon returning to my orthopedic doctor for the six month check up he was amazed at the strength and motion I had in my knee and leg. He told me not to come back unless I had a problem. That's been over a year now and it's great!!!! Thank you Kitra for all your help and guidance." RUTH #85

Before I started Therapy Swim I woke up with pain in my knees every night. I no longer have pain in my knees at night. I recommend classes and open swim to everyone for Therapy.----LINDA MOSCATO