

# YWCA and AARP Lunch' N Learn

Topic: Water Walking with Physical Therapist Dan Shea

When: July 15, 2009, 12:30-1:30 p.m.

Where: YWCA, 4601 Corona Drive

Box lunch will be served on the YWCA patio beginning 12:30 p.m. Pool demonstration with Dan Shea starts at 1:00 p.m.

RSVP: 857-5661, ext. 10

Participation is Limited so sign up today!!

- **Water walking is a great way to exercise for all people, especially those recovering from injuries or physical disabilities as a 30-minute walk in water is the equivalent of a two-hour walk on land, without the wear and tear on joints.**
- **July 12-18, 2009 is National Therapeutic Recreation Week. Come learn one way to use your leisure time while also enhancing your health, independence and quality of life.**