



September 9<sup>th</sup>, 2011

*“Coming to the Cantrell Center has been the best decision I have ever made as far as my health is concerned. I have been attending the **Arthritis Foundation Aquatic Program** for 9 months. I truly look forward to these classes and I try not to schedule anything else during this time. The class not only helps you physically, but mentally as well, getting to meet others who have similar problems gives you encouragement to keep going. You just feel better.*

*My first exposure to the Cantrell Center was back when they opened the new facility on Osigian Boulevard. I had to have **physical therapy** on my lower back and Tassie Cantrell was my Physical Therapist. She actually remembered me when I came back years later to join the Wellness Program. She helped me so much with my back.*

*The Arthritis Foundation Aquatic Program is taught by someone who actually has arthritis, so she really relates to us. I cannot tell you how much that means. It doesn't matter how old you are or what your physical ability is, everyone fits in.*

*After finding this program, I have made a lifestyle change to always make time to take these classes.”*

-Carolyn Glass (Wellness Member, Former Patient)