



Receive \$200
for participating in
Free
Fun Family
Fitness Program!

**Lose Weight, Help Prevent Obesity,
Diabetes & Heart Disease!**

California Aquatic Therapy & Wellness Center, Inc. is currently taking applications for families to participate in a **free** Family Fitness program.

FAMILIES WILL RECEIVE

- ❖ **\$200**
- ❖ Water Exercise
- ❖ Nutrition & Health Education
- ❖ Recreation Activities (Beach Volleyball, Softball, Hiking, & More)

REQUIREMENTS

- ❖ 8 week commitment from April 19- June 11
- ❖ Commit to attend 2 exercise activities weekly
- ❖ Parents must participate in program with children ages 5 & up

**Get Movin'...Get Fit...Get Healthy
Together As a Family!**

Space is Limited - Call (310) 537-2224 to sign up!
Visit us on the Web at: www.caaquatictherapy.com

California Aquatic Therapy & Wellness Center, Inc. (formerly, California Pools of Hope) is a nonprofit membership agency dedicated to providing aquatic exercise & wellness programs to the community. We are located at 6801 N. Long Beach Blvd., Long Beach, CA 90805.

California Aquatic Therapy & Wellness Center is grateful to the Coca Cola Foundation for making this program possible.