

Bollinger County Has Fun in the SUN

On Monday, Wednesday, and Friday the 30 participants of the Arthritis Foundation Exercise Class meet in the swimming pool for an hour of fun. The participants have so much fun that they meet on Tuesday and Thursday to swim on their own. The pool is best to have a temperature of 83 degrees to get best joint relief. In addition, the buoyancy of the water also reduces joint pain.

It's More Than Treading Water!!



“Keeping Your Head Above Water



Hut, 2, 3, 4, Hut, 2. 3.4

