

Center for Ageless Living  
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## **NEWS RELEASE from Center for Ageless Living**

### **For Immediate Release**

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## **Center Hosts Aquatic Instructor Certification Safe water exercise for seniors with arthritis a focus of event**

Los Lunas, NM -- The Center for Ageless Living, in conjunction with the New Mexico Arthritis Foundation, hosted Aquatic Instructor Certification for 15 people August 13-14 at the newly certified arthritis pool on campus.

The program focuses on safe water exercise for seniors and provides instruction in administering classes for water motion. The Arthritis Foundation reflects research that Aquatic Programs improve joint flexibility and coordination, reduce muscle weakness and decrease pain and suffering.

Seven weekly swim classes are offered at the Garden Gate Day Spa. Suzette Lindemuth, Director, expects to add additional sessions in the next few weeks.

“Our philosophy considers the benefit of motion to seniors; because the pool at our Center is maintained at 87 degrees, it’s particularly helpful to those with arthritis. This certification gave a number of therapists a chance to add to their skills,” said Lindemuth.

For more information about how a water exercise program can benefit you, log onto <http://www.arthritis.org/exercise-water.php>.

The Center for Ageless Living is a unique facility that embraces and supports aging with a variety of programs and services that include family and community involvement. The five elements of The Center – Senior Living Systems, Personal Living Systems, the Garden Gate Day Spa and Salon, Green House Rotisserie and Community Park Programs – are located on Highway 47 just north of South El Cerro Loop in Los Lunas. For more information, log onto [www.nmagelessliving.com](http://www.nmagelessliving.com).

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*aging is part of life*

*agelessness is a way of living*