



Kernes Adaptive Aquatics

The Life Saver

Happy Holidays 2025



Thank you!

Thanks to you, Kernes Pool has been a place where thousands of people of all ages, from 3 months old to 103 years young, have found health, mobility, and joy since 1973.

With your help this year, we've had the privilege of assisting **more than 100 children and adults** with special needs to build better lives through therapeutic warm water exercises.

Through your generosity, each person who comes to Kernes Pool has an opportunity to reach their full potential in strength, range of motion, flexibility, and coordination.

For seniors, this means a greater ability to live independently, while for adults with long-term conditions, it reduces the risk of secondary health issues like heart disease and diabetes. For children, Kernes Pool offers a fun, nurturing environment where they can build skills, confidence, and success.

Thank you for making this possible. Your kindness and support, this year and throughout the years, are helping people of all ages and abilities live healthier, more fulfilling lives!

Winter Wellness Tips

As the days get shorter and colder, it's easy to feel the winter blues. Here are a few tips to stay healthy and happy this season:

- ◆ **Stay Hydrated:** Drink plenty of water to support your immune system and overall health.
- ◆ **Eat Wisely:** Nourish your body with nutrient-rich foods like leafy greens, root vegetables, and fruits.
- ◆ **Prioritize Sleep:** Adequate sleep strengthens your immune system and helps you feel your best.

- ◆ **Enjoy the Outdoors:** Natural light and spending time in nature improve spirits during the darker days.
- ◆ **Stay Social:** Connecting with others helps boost mental and emotional well-being.
- ◆ **Wash Your Hands:** Prevent the spread of viruses by keeping your hands clean.
- ◆ **Stay Moving:** Exercise helps your body in every way. (Warm water exercise at Kernes Pool is a cozy way to stay active in winter!) Take care of yourself this winter and enjoy the season!



Kernes Adaptive Aquatics
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Return Service Requested

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Our Mission

Kernes Adaptive Aquatics provides therapeutic, warm water exercise programs for children and adults with special needs to improve health and quality of life.

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*WARM WISHES FOR
HAPPY HOLIDAYS AND
A HEALTHY NEW YEAR
FROM KERNES POOL
BOARD AND STAFF!*