



HEALING IN WATER: **TULALIP HEALTH'S AQUATIC PHYSICAL THERAPY PROGRAM**

Our **Aquatic Physical Therapy (PT)** program uses warm, supportive, and multidirectional resistance of water to provide a low-impact setting. The setting helps you feel better, move more easily, and gain strength. Movement is lighter in the pool, making it ideal for those with:

Joint pain or arthritis • Chronic pain or post-surgery recovery
Balance or mobility issues • Difficulty exercising on land

PROGRAM DETAILS

What?	45-minute PT sessions in a shallow, warm pool (no swimming skills needed!). Sessions are either one-on-one or in small groups (2-3 people).
Who?	Tulalip Health Patients – Only with a doctor's PT referral.
When?	Tuesdays & Thursdays 8:30 am – 11:30 am
Where?	Stanwood YMCA Pool
Cost?	Covered under your existing PT referral.

HOW TO JOIN

Ask your Tulalip Provider for a referral to Physical Therapist *Agnes Borjal*, PT who provides aquatic physical therapy at the Stanwood YMCA.

Our PT Team will call you to schedule your first visit!

