



## **MEDIA RELEASE**

**For immediate release**

### **COUNTY GIVES GO-AHEAD FOR LOCAL WATERART PROGRAM TO CONTINUE AT WELLNESS FACILITY**

**ANNAPOLIS CO. MARCH 24, 2010** – County Council has unanimously approved a proposal which will allow the WaterART program to continue at the wellness facility in Cornwallis Park.

Council was asked to consider renting the pool to accommodate this program in an effort to maintain the WaterART classes. This decision comes just one week after councilors unanimously approved a motion authorizing county staff to negotiate a contract with the Cornwallis Stingrays Swim Club, which would allow them access to the wellness centre for practice purposes

“These programs assist people with chronic disabilities and assists with pain management for individuals that live with chronic pain,” said Annapolis County Warden Peter Newton. “We (Council) recognize this fact and want to work closely with community organizations to ensure our residents are still able to participate in these programs and take advantage of the health benefits associated with each one of them.”

The WaterART programs include WaterART Arthritis, WaterART Cardio and WaterART Rehabilitation classes. There were about 63 clients participating in the programs on a weekly basis. The approved proposal will see the day-time WaterART classes continue during the months of April, May and June 2010.

“WaterART therapy has been proven to work,” said Valerie Wilson, Certified WaterART Instructor. “I am very pleased with Council’s decision. They have sent a very positive message to our clients. It shows they are concerned with the health and well-being of County residents. Also, current WaterART clients who are given an opportunity to continue taking classes will be more likely to enthusiastically continue participating should the YMCA decide to offer WaterART programs.”

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