



David Feinberg

# VITALITY & AQUATICS CENTER

## *To Your Health*



Conveniently located near St. Paul's Highland Park neighborhood, the David Feinberg Vitality & Aquatics Center has fitness equipment and a warm water therapy pool designed to promote personal fitness and wellness.

### THERAPEUTIC POOL

This soothing warm water pool is an ideal therapeutic environment for adults of any ability.

- Easy ramp access
- Large private showers and changing rooms
- Aquatic arthritis exercise classes
- Use the pool for fitness or therapy



### PHYSICAL THERAPY AQUATIC TREATMENTS

Warm water therapy has been shown to increase independence for people of all ages with disabilities or chronic conditions. It's proven to be beneficial for individuals under a doctor's care for a variety of conditions. Examples of conditions that benefit from aquatic therapy:

- Arthritis
- Back or neck problems
- Chronic pain
- Stroke
- Joint replacement
- Orthopedic injuries
- Neurological conditions



### OUTPATIENT OCCUPATIONAL AND PHYSICAL THERAPY LAND TREATMENTS

*"It takes the pressure off my joints. The aquatic therapy feels really good because I can move normally in the pool, in ways that I can't on land."*

— BARBARA C.





# David Feinberg Vitality & Aquatics Center

730 Kay Avenue • St. Paul, MN 55102

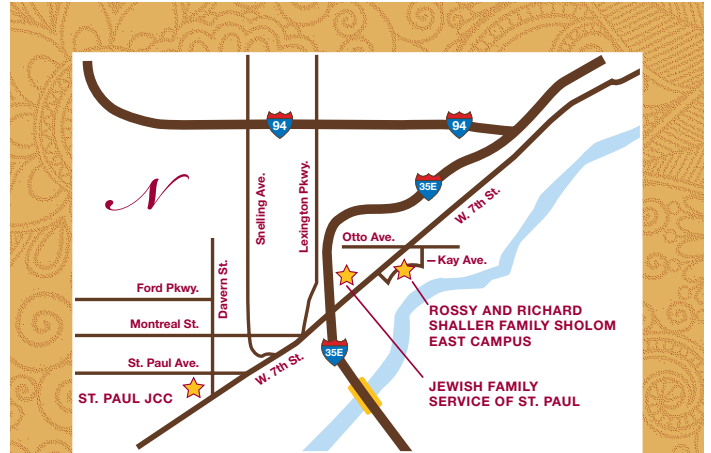
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## GARELICK FITNESS CENTER AND SINYKIN WELLNESS ROOM

Here is some of our equipment:

- Cardio equipment – treadmill with long safety handles, NuStep, Recumbent Bike, and Arm Bike
- Technogym equipment
- Stability balls
- Weighted dumbbells
- Resistance bands
- Yoga mats
- Nintendo Wii
- And much, much more



### SHOLLER FAMILY SHOLOM EAST CAMPUS

740 Kay Avenue

St. Paul, MN 55102

651.328.2000

  
 sholom.com *Care  
Compassion  
Community*

Sholom, in partnership with our community, supports adults in need across the continuum of care, to live life fully in a Jewish environment and where all are welcome.

It is the policy and commitment of Sholom that it does not discriminate on the basis of race, age, color, sex, national origin, disability, religion or political belief.

Equal Opportunity/Affirmative Action Employer



For more information,  
call 651.328.2050

**For Outpatient Referrals:**  
Rehab Fax #: 651-328-2178