

David Feinberg **VITALITY AND AQUATICS CENTER**



Experience Wellness and Vitality

Conveniently located near St. Paul's Highland Park neighborhood, the David Feinberg Vitality & Aquatics Center at Sholom offers a welcoming space for older adults to stay active, improve mobility, and support overall well-being.

Our center features state-of-the-art fitness equipment and a soothing warm water therapy pool—both thoughtfully designed to help adults of any ability enjoy safe, effective exercise that supports aging with strength and grace.

Therapeutic Warm Water Pool

Gentle on joints, yet powerful in results—our therapeutic pool provides a calming and supportive environment ideal for both personal fitness and recovery.

- Easy, ramp-style access for all mobility levels
- Spacious, private showers and changing rooms for comfort and dignity
- Group aquatic arthritis classes that promote mobility and reduce stiffness
- Open swim times for light exercise, relaxation, and strength-building.

Physical Therapy Aquatic Treatments

Prescribed by doctors and delivered by professionals, aquatic therapy helps increase independence, balance, and flexibility. The buoyancy of the warm water reduces stress on joints while improving circulation and muscle function.

Aquatic therapy may benefit individuals managing:

- Arthritis and joint pain
- Chronic pain or fatigue
- Back, neck, or spine issues
- Joint replacements and orthopedic rehabilitation
- Neurological conditions such as Parkinson's or multiple sclerosis
- Stroke recovery

Land-Based Physical & Occupational Therapy

In addition to water-based treatments, we also provide expert outpatient physical and occupational therapy on land, offering holistic options to support healing, function, and daily living.



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Garelick Fitness Center and Sinykin Wellness Room

Discover your path to health and wellness in our bright fitness center featuring:

- 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 so much more

Why it matters:

Staying active is key to aging well. Whether you're easing chronic pain, recovering from surgery, or simply looking to feel stronger and more energized, the David Feinberg Vitality & Aquatics Center helps you move with confidence and live more fully.

**Discover the benefits for yourself – Call us today
at 651.328.2050 to learn more or to schedule a visit!**

For Outpatient Referrals – Rehab Fax: 651.328.2178

