

AQUA LYMPHATIC THERAPY (ALT) POOL CLASSES

THE TIDHAR METHOD®



Aqua Lymphatic Therapy is based on the principles of the Casley–Smith exercise program for lymphedema and is applied in an aquatic environment. The method enhances lymphedema therapy by combining principles of lymphatic anatomy and physiology with the effect of water immersion.

Tuesday and Thursday
7:00 pm to 8:00 pm

Location:
College Park II Retirement
Residence Pool
1601 Badham Blvd

For more details or to register, contact lymphedemapoolclasses@gmail.com