



Press Release

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Popular therapy program celebrates 36 years

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Penticton – One of Penticton's longest running recreation programs is celebrating 36 years of success. Recreation Enjoyment Aquatic Controlled Therapy (R.E.A.C.T.) is a medically-supervised fitness class for those with mobility, post injury, or surgical rehabilitation issues.

"R.E.A.C.T. has an exceptional record of helping people get back to work and back to their normal activities through gentle, low impact strengthening exercise in the pool," says Kerry Wagner, Recreation Operations Supervisor. "We really want to thank all staff, volunteers, and participants that have continued to give their support to the program throughout these past 36 years."

Approximately 75 people gathered to celebrate the anniversary; among them was Joyce West, who founded the program along with Mary Shaw in 1981. Joyce coordinated the program until 2000 and remained on as a volunteer until 2013. Many volunteers have been with the program for 5 to 30 years.

"The R.E.A.C.T. success story is about people," says Gwen Sander, the current coordinator. "It is a story of commitment, dedication and community service." Gwen is responsible for overseeing the program, teaching the fitness class, working with the professional team, and supervising a support team of 10 volunteers who spend 40-80 hours per week benefitting hundreds of clients.

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