









achieve a vertical position. This is both physically and psychologically empowering for them.

Our aquatic classes provide an ideal environment in which to exercise. The benefits of an aquatics setting from a therapeutic standpoint are immeasurable. Our clients living with varieties of debilitating conditions often find water therapy their only means of exercise. It is a very special part of the services offered here at Challenge Center. Come join us!

### **Aquatics Therapy Classes**

Wednesdays 10-11:30

Fridays 11-12:30

Held at the Joan Kroc Center and pre-enrollment is required prior to participation.

Please call us at [\(619\) 667-8644](tel:6196678644) for more information



### **Consider the Challenge Center in your Year End and Holiday Giving**

For many organizations and individuals the busy holiday season also means tax planning for the coming New Year and acts of charitable giving before the end of the calendar year.



Please consider the Challenge Center, a 501 (c) 3 non-profit organization, in your planning and gifting. With your monetary support we may continue to transform the quality of life and increase the independence of seniors, people of all ages with disabilities, and their families, through extended Physical Therapy and specialized Fitness and Wellness programs, while providing financial assistance to individuals with low income.

You can mail us at 5540 Lake Park Way, La Mesa, CA 91942.

For details, contact Dawn, our Development Director,

[dawn@challengecenter.org](mailto:dawn@challengecenter.org) or [619-667-8644](tel:619-667-8644).

***We thank you in advance for your contribution to Challenge Center!***

***Tax ID #33-0248878***

### **Holiday Hours**

The Challenge Center will be closed for the Holiday Season and New Year from Thursday, December 24<sup>th</sup> through Friday, January 1<sup>st</sup>. We will be back to the business of Restoring Health, Providing Hope and Transforming Lives on Monday January 4<sup>th</sup> at 9:00am.

On behalf of our Executive Director, Tiffany Piquilloud, and the entire staff at Challenge Center we would like to wish you all a happy Holiday Season and a very prosperous New Year.

### **Our Mission**

To transform the quality of life and increase the independence of seniors, people of all ages with disabilities, and their families, through extended Physical Therapy and specialized Fitness and Wellness Programs, while providing financial assistance to individuals with low income.

**Restoring Health, Providing Hope,  
Transforming Lives**



### **EDCO Proudly Supports the Challenge Center!**

Thank you for your commitment to serving and improving the lives of those with physical disabilities.

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### **Our Board of Directors**

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Jeffrey Miyamoto, Vice President

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Jody Iverson, Member

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Tiffany Piquilloud, Executive Director

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You received this e-mail because you are part of the Challenge Center family. You have participated with a kind donation, your's or a loved one's Physical Therapy or Assistance Fitness experience with Challenge Center, Your attendance at our events, your expressed interest in our services, or by way of a professional partnership.

**Our mailing address is:**

Challenge Center  
5540 Lake Park Way  
La Mesa, CA 91942

[Add us to your address book](#)

**Contact us at:**

Phone: [\(619\) 667-8644](tel:(619)667-8644) Fax: [\(619\) 667-8647](tel:(619)667-8647)

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