

WATER-BASED EXERCISE

Dr. Jamie Hoffman, is a Certified Therapeutic Recreation Specialist and is currently serving as a professor and chair of the Recreation, Parks, and Tourism Administration Department at California State University, Sacramento. She has conducted research in the areas of adaptive sports, veteran services, and international perspectives of disability. Her professional experience includes working in municipal recreation, non-profit organizations, acute rehabilitation, Veterans Affairs, campus recreation, and with various groups serving individuals with disabilities. While in Los Angeles, Dr. Hoffman worked closely with the Marilyn Hilton MS Achievement Center to deliver water based programs to their members.

Join us to learn about aquatic-based exercises, including the benefits, the different types of aquatic therapy available, and adaptive tools that can be utilized for this type of activity

Monday, May 18, 2026

1:00pm - 2:00pm PDT

Registration is required and a ZOOM link will be emailed to registrants. This will not be recorded.

Space is limited.

*Please register by **May 11th**.*



To register, contact: 916.453.7966 or
Melissa.Watkins901@commonspirit.org

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