

My name is Joyce Kennedy. In February 2007 I was diagnosed with Scleroderma. It is an auto-immune disease that causes my body to produce excess collagen and in turn my skin to thicken and become hard to the touch. Because my skin is tight, movement has been difficult and in an effort to improve the situation, I began taking the 9 a.m. Aquafit water aerobics class with Lorraine in March of 2007.

It is now early March 2008. I have been on medication for a year now and taking the class when weather and my schedule permits. I believe this class has helped speed me in the process of regaining strength and flexibility. I am now able to climb the stairs to the running track, something I wasn't able to do before the Aquafit class. I walk for half an hour, take part in the line dancing class, and am considering Tai Chi to help with my balance and, if all continues to go well, yoga.

Below is a list of a few before and after scenarios. To you they might seem like small victories, but every improvement has made life much easier for me. I hope they will highlight just how much Lorraine's water aerobics class has helped me in living a more normal life.

#### March 2007

I could move my ankles very little. I had Trouble putting on socks and shoes and getting in and out of the car. I couldn't touch my toes. If I was on the floor, I couldn't pull myself back up again.

I could not lift my legs high enough to put on pants while I was standing. I could only move one leg while I was climbing up or down the stairs.

I could not close either of my hands and could only hold my fork very awkwardly.

I needed both hands to carry a gallon of milk.

I had trouble picking up coins and getting in and out of the tub.

#### March 2008

I can now flex my ankles and move my feet in circles. I can put on my socks and shoes with very little trouble. I can touch my toes. I can now get on the floor and back up again with very little trouble or pain.

My balance is not perfect but I can put on my pants with no real trouble. I can now use both legs to climb the stairs.

I can squeeze my hands closed with no trouble and little pain, and I can hold my fork normally.

I can lift and carry a gallon of milk with no difficulty.

I can now accomplish both tasks with no trouble