

Veterans' Memorial Pool



FITNESS ROOM

Mon, Wed, Fri: 5:30 a.m.-7:30 p.m.
Mon-Friday: 11 a.m.-1 p.m.
and 3:30 p.m.-7 p.m.
Saturday: 1:00 p.m.-5:00 p.m.

SUMMER REC SWIM

Mon-Friday: 1:30-5:30 p.m.
Mon & Friday: 7-8:30 p.m.
Saturday 1-4 p.m.

CHECK OUT OUR:

Gentle Exercise
Deep Water Aerobics
100 Mile Lap Swim Challenge

PASSES

STARTING AT \$25

EOU Students Free

SWIM LESSONS AVAILABLE

Year Round

401 Palmer, La Grande 541-962-1347

• Lap Swimming • Aqua Aerobics •  Like us on Facebook

For more details, visit us at lagrandeparks.org

Volunteering is Good for Your Body, Mind & Spirit



As a Court Appointed Special Advocate (CASA) you can help yourself be well while helping a child get a safe, permanent home.

You can't control where abused children come from, but you now can have something to do with where they end up.

Please make Volunteering a part of your self-care plan.

For more information about volunteering in Baker, Malheur or Union Counties

Contact: info@casaeo.org

541-403-0405

www.casaeo.org

New Name. Same Great Team. Same Exceptional Service.

Travis T. Hampton, D.P.M.
Foot and Ankle Surgeon

See Dr. Hampton
in the La Grande Office
1408 N Hall Street



In Enterprise every other Monday
601 Medical Parkway in the Physical Therapy Dept.
next to Wallowa Memorial Hospital

In Baker on Wednesdays
3175 Pocahontas Rd. in the Clinic next to the hospital
541-963-0265 • 888-843-9090

www.GVfoot.com

2020 Northeast Oregon Health & Wellness Guide