

**PRESS RELEASE:**

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**Karen Winch receives aquatic therapy certification**

(Hendersonville, N.C.) Karen Winch, an aquatic therapist at the [Pardee Rehab and Wellness Center](#), recently became certified in aquatic therapeutic exercise. Winch is the only aquatic therapist in Western North Carolina and one of only 17 in the entire state to have received this certification.

Winch has been with Pardee for 12 years. She began working as a physical therapist assistant and moved over to aquatics in 2006. Winch received her certification through the [Aquatic Therapy Rehabilitation Institute](#).

“The certification required 15 hours of hands-on work and classroom education, followed by a comprehensive exam,” said Winch. “In a year, I will go back to continue my education and renew the certification.”

Winch stated that her certification and the recent certification of other Pardee associates show the hospital’s encouragement and interest in continuing education. The addition of Winch’s certification will allow for the Pardee Rehab and Wellness Center to offer state-of-the-art aquatics rehabilitation therapy where each patient receives a tailored program specific to their diagnosis.





**Margaret R. Pardee Memorial Hospital**  
800 North Justice Street, Hendersonville, NC 28791

[www.pardeehospital.org](http://www.pardeehospital.org)

For more information about the aquatic therapy program at the Pardee Rehab and Wellness Center, call 1-866-790-WELL (9355).

The [Pardee Rehab & Wellness Center](#), offers physical, occupational, aquatic and speech therapy and rehabilitation services, along with cardiopulmonary rehabilitation and the area's only diabetes education program accredited by the [American Diabetes Association](#). The center also offers a state-of-the-art wellness gym and weekly group fitness classes that are both available to the public.

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit [www.pardeehospital.org](http://www.pardeehospital.org).

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