

Our Lady of the Lake University,
University of the Incarnate Word, and
TACSM Present

Dr. Hiro Tanaka

University of Texas - Austin



**Swimming and aquatic exercise:
Underappreciated modes of exercise for
overall health**

- Thursday April 10, 2025
- 1:00PM at MARC at OLLU
- Contact: esauers@ollusa.edu

 **ACSM** Texas Chapter

 **OLLU**
OUR LADY OF THE LAKE
UNIVERSITY

