

Today's #ThankfulThursday introduces us to Karen Young, Sienna's amazing water aerobics instructor!

Karen is a native of Vicksburg, Mississippi. She graduated from Louisiana Tech University in 1989! She's continuing her education, currently enrolled full-time, completing a bachelor's degree in Health Informatics and Information Management!

She's a very proud mother of two beautiful daughters, ages 21 and 19. "My oldest just graduated from Louisiana Tech University, Magna Cum Laude. My youngest daughter will be starting college this fall," she proudly shared with us.

When not teaching a GroupEx class, Karen enjoys photography, hiking, biking, traveling, and cooking/baking! She can also be found serving in the Children's Ministry at Sugar Creek Baptist Church!

We asked what her favorite "spot" in Sienna is, and she convincingly said that it "would absolutely be the Brushy Lakes Fitness Center." She continued, "This is where fun and fitness come together. Strong relationships and friendships are made and people get fit and healthy together."

Karen, you make such an impact on so many lives in Sienna, helping re-emphasize the need to focus on oneself and personal well-being in ALL phases of life! Thank you for your commitment to our residents! They adore y#ThankfulThursday

The Association's water aerobics season begins on April 6th (NEXT WEEK!)? Classes are held on Tues/Thur/Sat mornings at Brushy Lake Pool from 930-1030am. The fee is \$45/month and you can register at Brushy Lake Fitness Center.

#ThankfulThursday