

# Best Medicine Program

## South Bend

**BEST  
MEDICINE  
PROGRAM**  
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Arthritis Fitness</b> <i>Joint Venture I</i>		1:45pm - 2:30pm Therapy Pool   Mary Sue <hr/> 3:45pm - 4:30pm Therapy Pool   Mary Sue		1:45pm - 2:30pm Therapy Pool   Mary Sue <hr/> 3:45pm - 4:30pm Therapy Pool   Mary Sue		
 <b>Arthritis Fitness</b> <i>Joint Venture II</i>		11:45am - 12:45pm Therapy Pool Brenda		11:45am - 12:45pm Therapy Pool Brenda		
 <b>Parkinson's Fitness</b> <i>CLIMB</i>		11:00am-12:00pm Gym Floor Colleen		11:00am-12:00pm Gym Floor Colleen		
 <b>Neurological Aquatic Fitness</b> <i>NeuroH2O</i>		2:30pm - 3:30pm Therapy Pool Mary Sue		2:30pm - 3:30pm Therapy Pool Mary Sue		
 <b>Cancer Fitness</b> <i>Restorative Fitness</i>	9:30am - 10:30am Basketball Court Milt		9:30am - 10:30am Basketball Court Milt			
 <b>Weight Management</b> <i>MOVE</i>		3:00 pm - 3:45pm Group Fitness Studio Milt		3:00 pm - 3:45pm Group Fitness Studio Lacie		

# Best Medicine Program

Fitness programs for individuals transmitting from or managing a medical condition or needing additional support to improve their level of physical activity.

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## Physician Referred Membership

\$100 discount on Enrollment Fee- Enter membership with a referral from a physician and receive discounted enrollment. Program includes a personalized assessment and access to the Best Medicine Program.



**Arthritis Fitness (Aquatic)** | *Joint Venture* – Mitigates the pain and limitations of daily movements, along with improving balance and overall strength through warm-water therapeutic programming.



**Parkinson's Fitness** | *CLIMB* – Improves quality of life for those living with Parkinson's through movement, stretching, focus on balance and posture along with creating camaraderie between participants and care-givers alike.



**Arthritis Fitness** | *Walk With Ease* – An exercise program by The Arthritis Foundation that can reduce pain & improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.



**Cancer Fitness** | *Restorative Fitness* – Improves muscle function, fatigue, cardio endurance during and after going through treatments; in a setting where patients feel safe and have the ability to connect with other oncology patients/survivors.



**Neurological Aquatic Fitness** | *NeuroH2O* – Exercise in a warm-water aquatic environment offers those with neurological conditions essential properties to maintain overall cognition, balance, endurance and flexibility.



**Down Syndrome Fitness** | *Uplift* – Improves overall health, especially cardiovascular and strength for individuals with Down Syndrome. Designed as a circuit-style workout, includes focus on balance, motor functions, coordination.  
*\*Granger location only*



**Weight Management** | *MOVE* –Focus on setting realistic goals and developing new physical activity habits while pursuing a healthy weight. MOVE helps tackle co-morbidities which encompass high blood pressure, high cholesterol, elevated glucose levels and BMI that exceed 30.

\*Referral required for participation in any Beacon Best Medicine program.

## Session Dates 2023

January 8 - February 18  
February 26 - April 8

April 16 - May 27  
June 4 - July 15

July 23 - September 2  
September 10 - October 21

October 29 - December 23

All BHF programs are approved by our **Medical Advisory Board** to ensure safe and effective programming.

For more information contact Lacie at [EKlopfenstein@beaconhealthsystem.org](mailto:EKlopfenstein@beaconhealthsystem.org) or 574.584.2572  
[www.beaconhealthandfitness.org](http://www.beaconhealthandfitness.org)