

Best Medicine Program

Elkhart

**BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Arthritis Fitness <i>Joint Venture I</i>	10:00am - 10:45am Therapy Pool Sharone <hr/> 12:15pm - 1:00pm Therapy Pool Sharone	11:00am - 11:45am Therapy Pool Theresa	10:00am - 10:45am Therapy Pool Sharone <hr/> 12:15pm - 1:00pm Therapy Pool Sharone	11:00am - 11:45am Therapy Pool Theresa		
 Arthritis Fitness <i>Joint Venture II</i>		12:00pm - 12:45pm Therapy Pool Mallory		12:00pm - 12:45pm Therapy Pool Mallory		
 Parkinson's Fitness <i>CLIMB</i>		1:00pm - 2:00pm Yoga Studio Peggy/Mallory		1:00pm - 2:00pm Yoga Studio Peggy/Mallory		
 Neurological Aquatic Fitness <i>NeuroH2O</i>	11:00am - 12:00pm Therapy Pool Sharone		11:00am - 12:00pm Therapy Pool Sharone			
 Cardiac Rehab Maintenance Phase IV <i>Hearth Healthy</i>		11:00am - 11:45am Yoga/Pilates Studio & Track Peggy/Mallory		11:00am - 11:45am Yoga/Pilates Studio & Track Peggy/Mallory		
 Weight Management <i>MOVE</i>		6:30pm - 7:15pm Fitness Floor/ Group Fitness Studio Jason		6:30pm - 7:15pm Fitness Floor/ Group Fitness Studio Jason		
 Arthritis Fitness <i>Walk With Ease</i>		10pm - 10:45am Outdoor/Indoor Track Theresa		10pm - 10:45am Outdoor/Indoor Track Theresa		
 Diabetes Fitness <i>Move</i>		6:30pm - 7:15pm Fitness Floor/ Group Fitness Studio Jason		6:30pm - 7:15pm Fitness Floor/ Group Fitness Studio Jason		

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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.



Cardiac Rehab Maintenance Phase IV | Heart Healthy – Transitions cardiac patients that have finished Phase II Cardiac Rehab and are released by their physician into their maintenance phase. Participants' vitals are monitored and recorded each class to track progress.



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.



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.



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.



Diabetes Fitness | MOVE – Develop exercise habits to pursue a healthy lifestyle for those with prediabetes, diabetes, or elevated blood sugars. Improve factors like insulin resistance, lower blood sugars, cholesterol & blood pressure to help decrease risk of other related conditions.



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.

*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 or 574.584.2572
www.beaconhealthandfitness.org