










Best Medicine Program

South Bend

BEST
MEDICINE
PROGRAM
 AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Arthritis Fitness <i>Joint Venture I</i>		1:00pm - 1:45pm Therapy Pool Mary Sue		1:00pm - 1:45pm Therapy Pool Mary Sue		
 Arthritis Fitness <i>Joint Venture II</i>		11:45am - 12:45pm Therapy Pool Brenda		11:45am - 12:45pm Therapy Pool Brenda		
 Parkinson's Fitness <i>CLIMB</i>						
 Neurological Aquatic Fitness <i>NeuroH2O</i>		1:45pm - 2:45pm Therapy Pool Mary Sue		1:45pm - 2:45pm Therapy Pool Mary Sue		
 Cancer Fitness <i>Restorative Fitness</i>	9:30am - 10:30am Basketball Court Milt		9:30am - 10:30am Basketball Court Milt			
 Weight Management <i>MOVE</i>			1:30 pm - 2:15pm Group Fitness Studio Kristen		1:30 pm - 2:15pm Group Fitness Studio Kristen	
 Cardiac Rehab Maintenance Phase IV <i>Heart Healthy</i>				2:30 pm - 3:30 pm Walking Track/Fitness Floor Jason		
 Arthritis Fitness <i>Walk With Ease</i>		11:00am - 12:00pm Indoor Track Karin D		11:00am - 12:00pm Indoor Track Colleen		11:00am - 12:00pm Indoor Track Karin D
 Diabetes Fitness <i>Move</i>			1:30 pm - 2:15pm Group Fitness Studio Kristen		1:30 pm - 2:15pm Group Fitness Studio Kristen	

Assessment Dates 2024 - by appointment only: Dec 16 - Jan 6 | April 7 - 13 | July 14 - 20 | Oct 20 - 26

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.

**BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



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.



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.



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.



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.

*Referral required for participation in any Beacon Best Medicine program

Session Dates 2024

January 7 - February 17
February 25 - April 6

April 14 - May 25
June 2 - July 13

July 21 - August 31
September 8 - October 19

October 27 - December 21

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

For more information contact Programs@BeaconHealthSystem.org or 574.584.2572
www.beaconhealthandfitness.org