




Best Medicine Program

Three Rivers

**BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Arthritis Fitness <i>Joint Venture I</i>		10:00 - 10:45am Therapy Pool Lynn		10:00 - 10:45am Therapy Pool Lynn		
 Arthritis Fitness <i>Walk With Ease</i>	10:00 - 10:45am Track/Outside Meg		10:00 - 10:45am Track/Outside Meg			
 Cardiac Rehab Maintenance Phase IV <i>Heart Healthy</i>	11:00am - Noon Track/Fitness Floor Meg		11:00am - Noon Track/Fitness Floor Meg			

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.



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.



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.

*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 Meg at MRimer@BeaconHealthSystem.org or 269.273.9635
www.beaconhealthandfitness.org