










# Best Medicine Program

## Elkhart

**BEST  
MEDICINE  
PROGRAM**  
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Arthritis Fitness</b> <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		
 <b>Arthritis Fitness</b> <i>Joint Venture II</i>		12:00pm - 12:45pm Therapy Pool Mallory		12:00pm - 12:45pm Therapy Pool Mallory		
 <b>Parkinson's Fitness</b> <i>CLIMB</i>		1:00pm - 2:00pm Yoga Studio Mallory		1:00pm - 2:00pm Yoga Studio Mallory		
 <b>Neurological Aquatic Fitness</b> <i>NeuroH2O</i>	11:00am - 12:00pm Therapy Pool Sharone		11:00am - 12:00pm Therapy Pool Sharone			
 <b>Cardiac Rehab Maintenance Phase IV</b> <i>Hearth Healthy</i>		11:00am - 11:45am Yoga/Pilates Studio & Track Mallory		11:00am - 11:45am Yoga/Pilates Studio & Track Mallory		
 <b>Weight Management</b> <i>MOVE</i>	4:30pm - 5:15pm Group Fitness Studio Sierra		4:30pm - 5:15pm Group Fitness Studio Sierra			
 <b>Arthritis Fitness</b> <i>Walk With Ease</i>		10am - 10:45am Outdoor/Indoor Track Theresa		10am - 10:45am Outdoor/Indoor Track Theresa		
 <b>Diabetes Fitness</b> <i>MOVE</i>	4:30pm - 5:15pm Group Fitness Studio Sierra		4:30pm - 5:15pm Group Fitness Studio Sierra			
 <b>Osteoporosis Fitness</b> <i>Bone Builders</i>	1 - 1:45pm Group Fitness Studio Theresa		1 - 1:45pm Group Fitness Studio Theresa			

# 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.



**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.



**Osteoporosis Fitness | Bone Builders** – Improve bone density and/or slow the progression of bone loss, reduce fall risk, and improve functionality and quality of life through weight bearing and balance focused workouts.

\*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 us at [Programs@BeaconHealthSystem.org](mailto:Programs@BeaconHealthSystem.org) or 574.389.5580  
[www.beaconhealthandfitness.org](http://www.beaconhealthandfitness.org)