Best Medicine Program
Three Rivers

BEST MEDICINE PROGRAM AVAILABLE ONLY AT | BEACON Health & Fitness

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Arthritis Fitness *Joint Venture I*		10:00 – 10:45am Therapy Pool Lynn		10:00 – 10:45am Therapy Pool Lynn		
	Arthritis Fitness *Joint Venture II*					11:30am – 12:15pm Therapy Pool Teresa	
	Cardiac Rehab Maintenance Phase IV *Heart Healthy*		10:00 – 11:00am Fitness Floor/ Aerobics Studio Meg		10:00 – 11:00am Fitness Floor/ Aerobics Studio Meg		
	Osteoporosis Fitness *Bone Builders*	11:00 – 11:45am Aerobics Studio Lynn		11:00 – 11:45am Aerobics Studio Caroline			

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.

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.

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 2025

January 5 - February 15	April 13 - May 24	July 20 - August 30	October 26 - December 20
February 23 - April 5	June 1 - July 12	September 7 - October 18	

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