

# Best Medicine Program | Elkhart



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Arthritis Fitness Joint Venture 1	10 - 10:45 a.m. Therapy Pool   Sharone <hr/> 12:15 - 1 p.m. Therapy Pool   Sharone	11 - 11:45 a.m. Therapy Pool Theresa	10 - 10:45 a.m. Therapy Pool   Sharone <hr/> 12:15 - 1 p.m. Therapy Pool   Sharone	11 - 11:45 a.m. Therapy Pool Theresa		
 Arthritis Fitness Joint Venture 2		12 - 12:45 p.m. Therapy Pool Cara		12 - 12:45 p.m. Therapy Pool Cara		
 Parkinson's Fitness CLIMB		1 - 2 p.m. Yoga Studio Mallory/Theresa/Cara/Peggy		1 - 2 p.m. Yoga Studio Mallory/Theresa/Cara/Peggy		
 Neurological Aquatic Fitness NeuroH2O	11 a.m. - 12 p.m. Therapy Pool Sharone		11 a.m. - 12 p.m. Therapy Pool Sharone			
 Cardiac Rehab Maintenance Phase IV Heart Healthy		11 - 11:45 a.m. Track/Yoga Studio Cara/Kennedy		11 - 11:45 a.m. Track/Yoga Studio Cara/Kennedy		
 Weight Management MOVE	4:30 - 5:15 p.m. Group Fitness Studio Cara		4:30 - 5:15 p.m. Group Fitness Studio Cara			
 Arthritis Fitness Walk With Ease		10 - 10:45 a.m. Outdoor/Indoor Track Theresa		10 - 10:45 a.m. Outdoor/Indoor Track Theresa		
 Osteoporosis Fitness Bone Builders	1 - 1:45 p.m. Yoga Studio Theresa		1 - 1:45 p.m. Yoga Studio Theresa			

For more information, please email us at: [mpawling@beaconhealthsystem.org](mailto:mpawling@beaconhealthsystem.org).

# Best Medicine Program

Fitness programs for individuals transitioning from or managing a medical condition or needing additional support to improve their level of physical activity.

**BEACON  
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.



**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.



**Neurological Aquatic Fitness | NeuroH<sub>2</sub>O** – 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 include high blood pressure, high cholesterol, elevated glucose levels and BMI that exceeds 30.



**Cardiac Rehab Maintenance Phase IV | Heart Healthy** – Transitions cardiac patients who 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.



**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 caregivers alike.

*Support Group open to the public every 3rd Thursday of the month.*



**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.



**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.

## Session Dates 2026

January 4 - February 14

February 22 - April 4

April 12 - May 23

May 31 - July 11

July 19 - August 29

September 6 - October 17

October 25 - December 19

*\*Referral required for participation in any Beacon Best Medicine program.*

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