






# 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		10:00am - 10:45am Therapy Pool Sharone			
 <b>Parkinson's Fitness</b> <i>CLIMB</i>		1:00pm - 2:00pm Basketball Court Peggy/Mallory		1:00pm - 2:00pm Basketball Court Peggy/Mallory/Jess		
 <b>Neurological Aquatic Fitness</b> <i>NeuroH2O</i>	11:00am - 12:00pm Therapy Pool Mallory		11:00am - 12:00pm Therapy Pool Mallory			
 <b>Cardiac Rehab Maintenance Phase IV</b> <i>Hearth Healthy</i>		11:00am - 12:00pm Fitness Floor Peggy/Mallory/Jake		11:00am - 12:00pm Fitness Floor Peggy/Mallory/Jake		
 <b>Weight Management</b> <i>MOVE</i>		6:30pm - 7:15pm Fitness Floor Peggy		6:30pm - 7:15pm Fitness Floor Peggy		

For more information contact Jake at [JEPhillips@beaconhealthsystem.org](mailto:JEPhillips@beaconhealthsystem.org) or 574.647.2654  
[www.beaconhealthandfitness.org](http://www.beaconhealthandfitness.org)