

NEWS RELEASE:

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On-Call Media Beeper: (828-444-1149)

**Pardee Hospital Helps You Keep Your New Year's Resolutions**

*(Hendersonville, N.C.)* Every January, millions of Americans make New Year's Resolutions that include losing weight, getting fit or eating healthier, and Pardee Hospital has a variety of programs to help residents of Henderson County keep their resolutions. Programs include:

- **Aerobics Classes** – For those who want to get in shape, the Pardee Health Education Center offers four low-impact aerobics/strength training classes each week on Mondays, 10:30-11:30 a.m., Tuesdays, 8-9 a.m., Thursdays, Noon-1 p.m. and Fridays, 9-10 a.m. A certified instructor leads the class. The cost is \$4 per session. No registration required.
- **Yoga Classes** – Yoga is an ancient practice that includes stretching, holding postures, breath control and meditation. The class meets every Thursday from 5-6 p.m. at the Pardee Health Education Center. A certified YMCA instructor leads the class. The cost is \$4 per session. No registration required.
- **Footsteps to Fitness** – The Footsteps to Fitness walking program rewards walkers with free prizes as they achieve specific levels of minutes walked. The program begins Jan. 2, 2008. Walking may be done anywhere and the program is free. To sign up for the program, stop by the Pardee Health Education Center.
- **Taking Off Pounds Sensibly (TOPS)** – This weekly support group for people of all ages offers participants fellowship opportunities, information on establishing and maintaining

healthy lifestyle habits, and motivational programs. The group meets Tuesdays from 5-6:15 p.m. at the Pardee Health Education Center. No registration required.

- Pardee Health Education Center Health Screenings – The Pardee Health Education Center offers many free screenings on a regular basis, including blood pressure, cholesterol, glucose, and body fat percentage. For a complete schedule of services offered, visit [www.pardeehospital.org](http://www.pardeehospital.org). Registration is required for many classes, screenings and programs, and is available online or by calling 692-4600.
- Wellness Exercise Program – Pardee Rehab and Wellness Center offers a wellness exercise program for those with a functional difficulty such as diabetes, obesity, MS, or anyone who prefers exercising in a medically-oriented environment. Cost is \$40 per month for individuals or \$60 per couple. Pardee Rehab and Wellness Center is located at 212-B Thompson Street beside Epic Theaters.
- NIA (Neuromuscular Integrative Action) Class – NIA is a non-impact fitness technique that incorporates elements of dance, martial arts and physical or healing arts such as yoga. The class is taught by first-degree black belt NIA instructor Denise Medved, and is held at Pardee Rehab and Wellness Center. For wellness program participants, the cost is \$8 per session or \$48 for eight classes. Otherwise, the cost is \$10 per class or \$64 for eight classes. Call 698-6774 for class dates and times.
- Tai Chi Classes – Tai Chi helps improve balance and flexibility while increasing stability and helping prevent falls. The classes are held at Pardee Rehab and Wellness Center. The cost is \$6 per class, or \$48 for eight classes, for wellness program participants. Otherwise, the cost is \$8 or \$64 for eight classes. Call 698-6774 for class dates and times.

- MicroFit – This comprehensive computerized screening, offered by Pardee Rehab and Wellness Center, measures weight, strength, heart rate, blood pressure, flexibility, aerobic endurance and percentage of body fat. Cost is \$45.

Pardee Hospital is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in Henderson County. The hospital has several locations separate from the main campus, including a 130-bed nursing facility, an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. More information is available at [www.pardeehospital.org](http://www.pardeehospital.org).

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