

NEWS RELEASE:

Dec. 27, 2006

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 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 YMCA instructor leads the class. The cost is \$3 per session. No registration required.
- **Yoga Classes** – Yoga is the ancient practice that includes stretching, holding postures, breath control and meditation. The class meets every Thursday from 5:30-6:30 p.m. at the Pardee Health Education Center. A certified YMCA instructor leads the class. The cost is \$3 per session. No registration required.
- **Pardee Plus Wellness Enhancement Club** – Pardee Plus offers members free and low-cost health screenings, special health education programs, access to important health information and discounts to local merchants. Members can also join the Footsteps to Fitness walking program, which rewards walkers with free prizes as they achieve specific levels of minutes walked. Pardee Plus is open to community members of all ages and the

annual cost is \$15. 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 Running Club – This free club offers participants a monthly calendar of local running events and the opportunity for weekly group runs. To join the club, call 698-7302.
- Pardee Health Education Center Health Screenings – The Pardee Health Education Center offers many free and low-cost screenings on a regular basis, including blood pressure, cholesterol, glucose, body fat percentage and bone density. 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 or 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 (or \$40 for Pardee Plus members).

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 sports therapy and rehabilitation facility on Thompson Street, a midwifery program, various family and internal medicine practices, and an urgent care facility. Pardee is a recipient of the 2006 HealthGrades Distinguished Hospital Award for Clinical Excellence, placing the hospital among the top 5 percent of hospitals in the U.S. for quality of care. More information is available at [www.pardeehospital.org](http://www.pardeehospital.org).

###