

PRESS RELEASE:

July 6, 2010

On-Call Media Cell: (828) 674-2358

Pardee Rehab and Wellness Center offering new class

(Hendersonville, N.C.) Pardee is offering a new class, "Seniors in Motion." The new class is located at the Pardee Rehab and Wellness Center, 212-B Thompson Street near Epic Theaters. Classes will take place each Wednesday and Friday from 10 until 10:30 a.m. The class is free to wellness members and Pardee associates, and costs \$3 for the community.

This class is designed to help promote range of motion, breathing, stretching and moving the entire body with the aid of motivating music. Participants are required to stand independently and tolerate light to moderate cardiac exercise.

For more information about "Seniors in Motion" or for additional class information please call the Rehab and Wellness Center at (828) 698-6774.

[Pardee Hospital](http://www.pardeehospital.org) 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](http://www.hendersoncountync.gov). The hospital has several locations separate from the main campus, including 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





Margaret R. Pardee Memorial Hospital
800 North Justice Street, Hendersonville, NC 28791

www.pardeehospital.org

physician practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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