ABOUT THE WELLNESS CENTER
Committed to medically-based fitness since 1986, The Wellness Center at Saint Thomas Rutherford Hospital is dedicated to serving wellness, health promotion and the fitness needs of our associates, patients, residential and corporate community. Greeted by a friendly face, our volunteers offer a welcoming voice and provide membership resources. Our staff consists of registered nurses, registrars, respiratory therapists, exercise physiologists, aerobic instructors, registered dietitians, and STRH volunteers.

SETON BUILDING
1840 Medical Center Parkway | Suite 203
Murfreesboro, TN 37129

The Wellness Center | 615.396.5500
Cardiac Rehabilitation | 615.396.5511
Pulmonary Rehabilitation | 615.396.4926

wellness.center@sth.org

FACILITY HOURS
Monday – Thursday | 5:30am-7:30pm
Friday | 5:30am-7:00pm
Saturday | 8:00am-12:30pm
Sunday | Closed

COMMUNITY FITNESS CENTER
Outpatient Cardiac & Pulmonary Rehabilitation
OUTPATIENT PULMONARY REHABILITATION PROGRAM
A medically supervised program involving education and exercise for individuals with chronic respiratory diseases.

You will benefit if you have been diagnosed with:
- Emphysema
- Chronic Bronchitis
- Bronchiectasis
- Asthma
- Pulmonary Fibrosis
- Lung Surgery
- COPD
- Environmental or Occupational Lung Disease

What are the benefits of participating?
- Decreased Symptoms
- Improved Quality of Life
- Increased Exercise Tolerance
- Increased Independence in Activities of Daily Living
- Better Understanding of Your Lung Disease
- Reduced Hospitalizations
- Reduced Emergency Room & Doctor Office Visits

OUTPATIENT CARDIAC REHABILITATION PROGRAM
A medically supervised 12 week program that promotes heart-healthy lifestyle changes among individuals who recently experienced a cardiac event.

You will benefit if you have been diagnosed with:
- Angina pectoris, stable angina (chest pain)
- Coronary Artery Bypass Graft Surgery
- Myocardial Infarction
- Stent
- Heart Valve Repair or Replacement
- Heart Transplant
- Angioplasty
- Congestive Heart Failure

IS CARDIAC/PULMONARY REHAB COVERED BY MY INSURANCE?
The program is covered by Medicare and most major medical insurances. The cost will vary depending upon insurance coverage.

WELLNESS CENTER PROGRAMS & SERVICES
- Bariatric Wellness Aftercare Program
- Body Composition Testing
- Exercise and Educational Programs
- Fitness Testing and Evaluation
- Group Exercise Classes
- HOPE Cancer Recovery Program
- Nutritional Counseling
- Personal Fitness Training
- Post-Clinical-Care Programs

COMMUNITY MEMBERSHIPS:

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>MONTHLY</th>
<th>YEARLY</th>
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<tbody>
<tr>
<td>Individual</td>
<td>$30</td>
<td>$360</td>
</tr>
<tr>
<td>Married Couple</td>
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<td>$480</td>
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<tr>
<td>STRH Volunteer</td>
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<td>$240</td>
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<tr>
<td>Spouse or Dependent</td>
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<td>$240</td>
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<tr>
<td>Student</td>
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<td>$240</td>
</tr>
<tr>
<td>Corporate</td>
<td>see staff for details</td>
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Guest Fees:
- Daily ..................................................... $5
- Weekly ................................................ $15

WELNESS CENTER

SilverSneakers
Silver&Fit