



## Need a referral?

Ask your doctor or therapist about receiving an electronic referral to the Healthplex today.

\_\_\_\_\_  
Patient's Full Name

\_\_\_\_\_  
Phone Number

## Physician's Information

\_\_\_\_\_  
Physician's Name (please print)

\_\_\_\_\_  
City / Zip Code of Physician's Office

\_\_\_\_\_  
Physician's Phone / Fax Number

\_\_\_\_\_  
Physician's Signature

## Exercise Prescription

\_\_\_\_\_  
Please provide the Discharge Planning program to which the patient is being referred.

For more information, contact Aaron Williams at (228) 471-1596 or [aaron.williams@mysrhs.com](mailto:aaron.williams@mysrhs.com).



# SINGING RIVER HEALTH SYSTEM

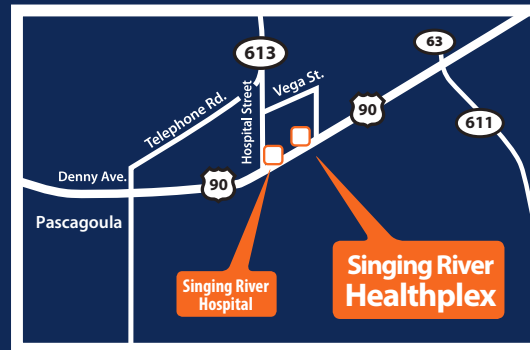
HEALTHPLEX  
FITNESS & WELLNESS CENTER



### Proud Partner

Singing River Healthplex is now a Silver&Fit facility!

For more information, please contact Ryan Barr at 228-471-1592 or [ryan.barr@mysrhs.com](mailto:ryan.barr@mysrhs.com).



### Singing River Medical Park

3101 Denny Avenue | Pascagoula, MS  
228-769-3430

[www.singingriverhealthplex.com](http://www.singingriverhealthplex.com)

# Discharge Planning



# SINGING RIVER HEALTH SYSTEM

HEALTHPLEX  
FITNESS & WELLNESS CENTER

# Your Prescription Is In

## Back-In-Action

A progressive program designed to cater to the needs of individuals who suffer from low back pain.

## Bone Builders

A weight-bearing exercise program for those who have been diagnosed with osteopenia or osteoporosis to slow the loss of bone mineral density.

## Cancer Exercise Program

An exercise and lifestyle modification program geared toward reducing cancer-related fatigue and increasing quality of life.

## **AQUA TRANSITION PROGRAM**

Aqua Transition Program (ATP) is a program designed specifically for individuals who currently cannot participate in land-based physical activity. This program will help improve strength, flexibility and endurance without added stress to the joints.

## **SUPERVISED TRANSITION PROGRAM**

Supervised Transition Program (STP) is a 4-week class for people referred to Healthplex by your physician, physical therapist or cardiac exercise physiologist. STP offers a wide variety of classes that you can participate in depending on your health diagnosis.

## Exercise Prescription (E-Rx)

An exercise and nutrition program designed for people with hypertension, high cholesterol, diabetes, chronic kidney disease (CKD) or morbid obesity.

## KneeHab

An exercise program for people who have undergone surgery and have finished Physical Therapy.

