

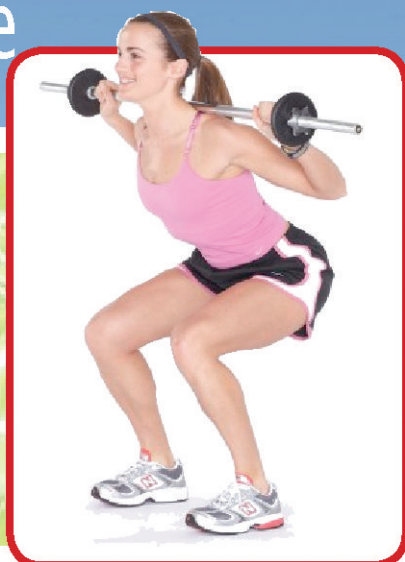
PUTNAM COUNTY HOSPITAL



*"Taking Care Of Families
For Generations To Come"*

1542 S. Bloomington St., Greencastle, IN 46135
(765) 653-5121 or 1-800-394-9338
www.pchosp.org

Community Fitness and Activity Guide



**April 7th is
World Health Day.**

**It is time to get our
community moving.**

This year the World Health Day campaign is focusing on making communities healthier places to live. Take this opportunity to check out some of the resources available here for health and fitness. Greencastle has many wonderful exercise facilities and outdoor activity areas where you can get your daily recommended physical activity.

Outdoor Recreation

Robe Ann Park:

Baseball Diamonds
Tennis Courts
Basketball Courts
Outdoor Pool

DePauw Nature Park:

Bicycling trails
Walking trails

Fitness Classes

DePauw

Fitness Classes:

Pilates
Water Aerobics
Tai Chi
Turbo Kick
Yoga
Zumba

Dance Workshop:

Ballet
Tap Dancing
Jazz
Ballroom dancing

All American Karate

Academy:

Little Ninjas
Karate Kids
Adult Karate
Sports Competition
Fitness Kick Boxing
Pro-Am Boxing and
Kick Boxing
Street Defense
Weapons
Qigong

Membership Gyms

Snap Fitness:

Fitness club
Personal training

Curves:

Women only
Low impact exercise
Accommodations for
any level
Personalized coaching

Remember to check with your family doctor before beginning a new workout regimen. Looking for a family doctor? Putnam County Hospital has a doctor for you in our community network. Check out our list of family physicians and internal medicine practitioners.

Family Medicine

Brian Black, DO
Thomas Black, MD
765-653-8453

Johann Farley, MD
765-622-2556

Robert Heavin, MD
765-386-7301

Steve Kissel, MD
765-653-4003

Keith Landry, MD
Stephanie McCardle, MD
765-795-4242

Warren Macy, MD
Ray Peters, MD
765-653-2626

Robert McCardle, MD
765-795-3077

Internal Medicine

Lisa Martin, MD
765-658-2700

Troy Quiz, MD
765-653-4633



Check us out online at
www.pchosp.org

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