

Our Region's **CHOICE**  
for **TECHNOLOGY & CARE**

## Hugh Chatham Memorial Hospital Rehabilitation Service Line

Cardiac Rehabilitation Center	(336) 527-7523
Hugh Chatham Nursing Center	(336) 527-7627 (336) 527-7609
Outpatient Rehabilitation Center	(336) 527-7420
Restorative Care Unit at Hugh Chatham Memorial Hospital	(336) 527-7340
Wellness Pool	(336) 386-3269
Yadkin Valley Home Health Toll-free	(336) 526-6460 (888) 679-4207



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Chatham Medical Park  
Elkin, NC 28621  
(336) 527-7000  
[www.HughChatham.org](http://www.HughChatham.org)  
(336) 386-3269  
[www.surry.edu](http://www.surry.edu)

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Hugh Chatham Memorial Hospital

## Wellness Pool Rehabilitation Services



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## Information

Hugh Chatham Wellness Pool is located in the Outpatient Rehabilitation Center at 700 Chatham Medical Park, adjacent to Hugh Chatham Memorial Hospital in Elkin, North Carolina.

The Outpatient Rehabilitation Center in conjunction with Surry Community College (SCC) offers a year-round supervised exercise program for men and women. The program is managed by SCC and is led by qualified instructors.

## Classes Available

- Arthritis/Fibromyalgia/Fluid Movement
- Standard Water Exercise
- High Energy

A variety of classes is offered year round. Classes meet Monday/Wednesday/Friday or Tuesday/Thursday for one hour. There are twenty-four (24) classes in each program session.

*Participants may enter a class at any time with pro-rated fees. Surry Community College works to secure scholarships for those in need of financial aid.*

Indoor pool classes are ideal for challenges associated with chronic medical conditions, as well as, for fitness and wellness.

**Call (336) 386-3269 for the complete class schedule and fees.**

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## Participation

Persons age 16 to 18 may be eligible to participate with prior approval.

The Wellness Pool is heated to a therapeutic temperature of 88 degrees Fahrenheit.

The facility has a full array of dressing rooms, showers, and lockers for use by program participants.

## Therapeutic Pool

In addition, the Outpatient Rehabilitation Center at Hugh Chatham operates a Therapeutic Pool. A physician referral and physical therapist's evaluation are required for this service.