

FOR IMMEDIATE RELEASE

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**THE CONTINUUM CENTER FOR HEALTH & HEALING
IN CONJUNCTION WITH THE DIVISION OF ORTHOPAEDIC &
SPORTS REHABILITATION ANNOUNCES THE OPENING OF THEIR NEW PHYSICAL
THERAPY/PHYSICAL REHABILITATION TRAINING CENTER, *We Focus on Fitness***

New York, NY (September 19, 2006) The Continuum Center for Health & Healing in conjunction with the Division of Orthopaedic & Sports Rehabilitation proudly announces the opening of their new, state-of-the-art Physical Therapy/Physical Fitness Training Center, **We Focus on Fitness**, located at 245 Fifth Avenue at East 28th Street.

According to Dr. Robert Gotlin, Director of Orthopaedic & Sports Rehabilitation at Beth Israel Medical Center, "I am extremely pleased to announce the opening of our new physical therapy/fitness center. It is through the hard work and great dedication of many people that this center has come to fruition. Whether educating an 11 year old youth athlete on proper weight training techniques or a 65 year old weekend warrior on joint sparing exercises, our focus is to offer state-of-the-art services in a compassionate, friendly, professional atmosphere."

Beth Israel Medical Center remains at the forefront in delivering optimal healthcare for those with musculoskeletal ailments. Through the generosity and support of Beth Israel Trustee Betty Yarmon and her late husband, Mort, for whom the gymnasium is named, programs such as this are able to materialize at the Medical Center, providing optimal, state-of-the-art treatments for those with physical ailments.

Incorporating an integrative approach, the programs at **We Focus on Fitness** will not only address injury rehabilitation, but will also emphasize fitness training choreographed to maintain and improve quality of life. Specialty programs for youth-fitness and weight training, pre-natal fitness classes for moms to be, pilates, and special training programs

for the arthritic population are just a few of the services that will be offered at **We Focus on Fitness**.

By working in conjunction with the Center for Health & Healing, **We Focus on Fitness** will provide a comprehensive continuum of care integrating methodologies such as physical therapy, personal fitness, mind-body therapy, acupuncture, chiropractic and nutritional guidance.

For more information or to make an appointment at **We Focus on Fitness**, please call 646-935-2266.

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