

# The Bridge

HEALTH RECOVERY CENTER

*"Restoring Life To Living"*



Affordable • Effective • Comprehensive • Integrated



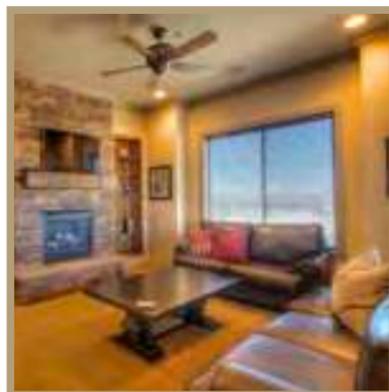
## Why The Bridge?

One of the most difficult challenges currently facing the medical community is the ill or injured individual who does not fully recover despite the best efforts of caregivers and health care providers. These individuals live a life of pain and suffering while the insurance industry, self-insured corporations, and ultimately the health care consumer, bear the financial burden. The appropriate treatment of individuals suffering from long-term illness can be challenging. This treatment is often so complex, expensive, and time consuming that current medical models frequently fail to meet these individuals' needs.

Located within the Coral Springs Resort, the program and staff are well equipped to provide excellent care for each guest throughout the three-week program. The mission of this program is to meet the needs of individuals with unresolved medical conditions. The Bridge program accomplishes this by providing the following essential components to recovery:

- Professional medical and rehabilitative care
- Assisting individuals in adopting a lifestyle conducive to healing
- Educating individuals concerning the potential of their own internal resources to influence long-term physical and psychological recovery

While The Bridge can be a life-changing experience, it is not a vacation. It is a structured comprehensive approach to treating each individual as a whole rather than a list of isolated conditions. This requires that each guest participate and be dedicated to recovery. The program begins slowly and continues to build each day. The limitations of each guest are considered and the program is adjusted accordingly.



## Who Would Benefit from The Bridge?

Following is a brief list of conditions which have frequently required care beyond that offered by the standard medical model:

- Chronic Pain
- Chronic Illness
- Depression /Anxiety
- Obesity
- Back Pain
- Failed Surgery
- Adult Onset Diabetes
- Fibromyalgia
- Hypertension
- Prescription Drug Dependence
- Chronic Fatigue Syndrome
- Lost Motivation

These are just a few examples of conditions The Bridge recovery program is designed to rehabilitate. Call to inquire about your potential to recover from other conditions not listed here.



## Licensed Professional Staff

The Bridge recovery program offers the following licensed professional staff:

- Physician - M.D. or D.O.
- Physical Therapist - L.P.T.
- Licensed Acupuncturist - L.A.C.
- Massage Therapists - L.M.T.
- Clinical Psychologist - PhD
- Personal Trainer - A.C.E.
- Chiropractic Physicians - D.C.
- Other Professional Staff

One of the many advantages of our health recovery program is access to the appropriate treatment modality and the optimal intensity. The Bridge offers scheduled appointments and activities at consistent intervals producing mental, emotional and physical results simultaneously. The staff is ready to help you complete our exclusive program and achieve your goals in health and recovery.





## Patient Responsibility and Complimentary Sciences

Many health care providers overlook the role of the patient in recovery. A major component of The Bridge program involves training individuals to maximize the power of their own internal resources. Nationally renowned leaders in the field of mind-body study and recovery sciences provide assistance to each guest in this critical aspect of regaining their health. The Bridge program also includes appointments and activities with a clinical psychologist and other professionals. The goals of these sessions are to assist participants in identifying barriers to recovery and provide tools for overcoming them.



## Lifestyle Modification Training

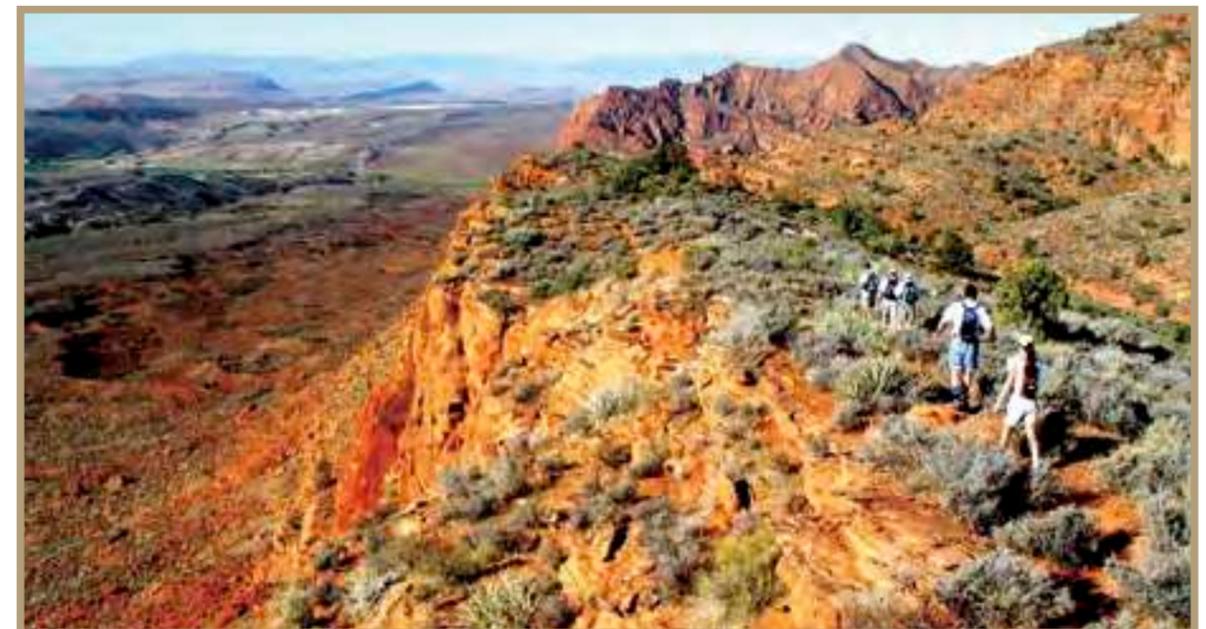
Lasting recovery involves helping an individual to live a lifestyle conducive to healing. The Bridge program teaches individuals the keys to healthy living and how to actually live those principles throughout their experience at The Bridge. The Bridge program offers training and workshops in the following areas:

- Nutrition
- Exercise
- Self Management
- Emotional Restructuring
- Mind/Body Training
- Pain Control Techniques
- Complete Life Management Skills



## Lasting Results

Lasting behavior modification is achieved when individuals utilize and internalize the principles taught. Each guest will be given tools to ensure that the success gained at The Bridge becomes a part of their everyday lives. It is our commitment to our program and our promise to you that The Bridge can help you if you are willing to invest in your recovery.



## Results

It is not uncommon for our guests to leave free of pain and depression while taking much less medication. The key to a successful program is the depth of the participation of each guest. We have only seen miracles happen in those guests that take advantage of everything The Bridge has to offer during their stay. The program is not easy; that's why it is so successful! Without your complete investment, the program simply cannot provide the maximum benefit possible. If you plan on attending the program, please come ready to work.

## All Inclusive Pricing

The price for the program includes:

- Transport to and from St. George airport
- Lodging for 19 days
- All nutritious meals and snacks for 19 days
- Initial and exit medical evaluation
- Blood work performed (full health panel)
- All clinical appointments for 19 days
- Energy therapy
- Anti-inflammation and rejuvenation therapy
- Daily fitness classes
- Daily lectures
- Group and experiential sessions
- Weekly workshops and workshop materials
- Therapeutic massage/body treatments on weekdays
- Individual personal training sessions
- Physical Therapy sessions
- Acupuncture/Chiropractic sessions
- Professional counseling
- Life coaching
- Stress management therapy
- Free use of the complete facility and both pools
- All student materials concerning taking the program home

For all inclusive package pricing call us toll free 1-877-885-9567 or visit our website at [www.thebridgerecoverycenter.com](http://www.thebridgerecoverycenter.com).

**Your donation for someone in need, or your personal tuition for The Bridge program may be tax deductible. Contact a Bridge representative for details.**

## Contact Information

For additional information concerning The Bridge and any of its programs call toll free **1-877-885-9567** or visit us online at **[www.thebridgerecoverycenter.com](http://www.thebridgerecoverycenter.com)**

## Can I Really Do This?

Many guests look at the schedule of activities and their current state of health and doubt their ability to participate. In order to heal, attendance to activities is critical, even if that means lying down and resting during a class. The important thing is that you're trying to be involved. We start slowly and encourage you to do more as you become able. Your system's ability to heal will amaze you! We will be there every step of the way to support you and optimize your recovery process.

## Other Services Offered by The Bridge

### Healing and Productivity Retreats

The health of your company is directly related to the health, motivation and creativity of your employees. The Bridge offers corporate solutions to team building, strategic planning, re-structuring, and change management. Retreats are competitively priced and range in time from several days to a full week. Contact a Bridge representative to see how a corporate retreat at The Bridge can help enhance the success of your company.

### On-Site Consulting

In addition to our on-location programs, The Bridge's professional staff offers training and consulting at your location. Consulting is offered in the following areas:

- Corporate Wellness Program Design and Set-up
- Workplace Productivity
- Behavior Modification
- Stress Management
- Job Site Analysis
- Nutrition
- Fitness

### Philanthropic Opportunity

Your generous charitable donation to our 501c3, The Bridge Institute for Recovery Sciences, makes it possible for applicants to attend The Bridge who otherwise could not afford to. Donations can also help improve patient care by funding education, research and development. Please contact us for details on how you can help break the chronic cycle for those in need.



## ***“What Our Guests Say”***

While at The Bridge, I learned I still had a great deal to offer. I learned my body is not nearly as limited as I thought. I learned the importance of exercise, nutrition, sleep and mental health. I really felt genuinely cared for at The Bridge. I learned that I don't have many limitations if I am dedicated to my recovery.

*-Nicole S.*

From the very minute that we walked through the door of The Bridge there was such a feeling of hope. That has been absolutely vital in the way that I now think about my own life.

*-Carol L.*

I was depressed and it was just wonderful to get somewhere where people cared and didn't push me away. I had so many doctors say “It's all in your mind”. They don't understand chronic pain. Everyone at The Bridge made me feel loved and that I can do it.

*-Sean M.*

I was hurt at work and I couldn't walk very well. Before I came to The Bridge I had a lot of pain in my back. I also had type II diabetes and I was struggling with both the diabetes and the pain and not being able to walk normally.

Now I am working and can walk normally. My blood sugar is down. I feel good about myself and I am just happy now and I wasn't before I went to The Bridge.

*-Judy M.*

The Bridge and the staff are real. They really care and they really pull everyone together. We not only learn from the staff, but we learn from each other.

*-Deborah O.*



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

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