



Our KMC Active Gym has relocated to our new Therapy & Wellness Center! This gym accommodates people of all levels and experiences in any of our programs, including Crossfit KMC, Endurance and Weightlifting classes. Each class will consist of a general warm-up, instruction on technique for the class, practice time, workout, and a cool down post-workout. For more information on KMC Active programs, give us a call at (217) 762-1520.



Nutrition Care Services include an accredited Diabetes Education program, Medical Nutrition Therapy for chronic kidney disease and diabetes management, and the RD Service which is a one-on-one registered dietitian meeting for any nutrition-related topic.

Health & Wellbeing Coaching (HWC)

Health and wellbeing coaching is a deep conversation about your health, what matters to you, what you need to thrive each day, and what you want most from your life. Take a personal look at your health and wellbeing, create an individual plan to make changes, and maintain new lifelong habits.



Therapy & Wellness Center



ADDRESS

951 Medical Center Drive
Monticello, IL 61856

PHONE

(217) 762-1830

WEBSITE

KirbyHealth.org

EMAIL

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Investing in a healthier community

KIRBY Therapy and Wellness

Our Therapy and Wellness Center is home to all of our therapy and wellness services, including Physical Therapy, Occupational Therapy, Speech Therapy, Cardiac Rehab, KMC Move, Nutrition and Wellness, as well as our KMC Active Gym – all in one convenient location.

Opportunities for one-on-one aquatic therapy and aquatic exercise are now available thanks to the new 16'x20' aquatic therapy pool. The 19,000-square-foot basement will be utilized for future hospital needs as Kirby continues to grow within our community.



When you're ready to take the first step in your journey to a healthier and happier you – we're here to help!

KMC Move offers a variety of exercise programs at various levels. We are certain there is a right fit for you.

You are not required to be a SilverSneakers member to attend classes.

KMC Move classes include:

- » AquaFit
- » KMC 30
- » MedFit
- » SAIL
- » SilverSneakers Yoga
- » SilverSneakers Classic
- » SilverSneakers Splash



Physical, Occupational, Speech, and Aquatic Therapy

After illness, injury, or surgery, rehabilitation therapy is the key to enhancing your recovery and enriching overall health. Our dedicated team of experts will use a one-on-one approach to assist you in regaining your independence.

Cardiac and Pulmonary Rehabilitation

Our Cardiac and Pulmonary Rehabilitation programs combine physical exercise, cardiac education, and counseling created specifically for each individual's needs. Both programs are designed for the patient to become more physically fit and to acquire a better understanding of their disease while learning how to minimize their risk for further complications.

