

St. Bernards Health & Wellness



Opened in 2011, St. Bernards Health & Wellness demonstrates St. Bernards Regional Medical Center's mission and commitment to integrate health & wellness services in one convenient accessible location. A Diabetes & Weight Management Center, a medi-spa, cardiac and physical rehabilitation /sports medicine represent some of the integrated services.

Jonesboro Orthopedics Sports Medicine relocated their physician practice and partnered with the medical center to develop a sports training & performance program integrated into the health & wellness center. The physicians have increased their productivity since they can conduct office visits, check on their patients in rehab and work with athletes – all in one location.

The Institute has received numerous awards for its innovative services as the premier health & wellness center in Northwest Arkansas.

- Physical rehabilitation
- Sports Performance Training
- JOSM Orthopedics
- Indoor walking/jogging track
- Diabetes & Weight Management Clinic
- Aquatics center with a lap pool and warm water therapy pool
- Group cycling & exercise rooms
- Cardiovascular & free weights equipment
- Hot yoga & Pilates rooms
- Multi-purpose room
- Heart healthy café & pro shop
- Full service locker rooms for men, women and families
- Wellness programs
- Cardiac rehabilitation
- Full service spa
- Kid's Club



Jonesboro, Arkansas