You’ve had a heart attack. Now what?

Participating in a cardiac rehabilitation program is one of the best things you can do next.

Rehab programs are medically supervised to help you improve your health and well-being and change your lifestyle habits through exercise training, education and counseling to reduce stress.

**Cardiac rehab helps patients:**

- **Eat better**
- **Return to work & better engage in daily activities**
- **Lose weight**
- **Reduce their risk of having another heart attack**
If you recently experienced a heart attack, ask your doctor for a referral to a cardiac rehabilitation program near you.

CLINIC NAME: ________________________________________________________________

ADDRESS:__________________________________________________________________

PHONE: ___________________ WEBSITE: ________________________________________

CLINIC NAME: ________________________________________________________________

ADDRESS:__________________________________________________________________

PHONE: ___________________ WEBSITE: ________________________________________

For information and resources, visit Heart.org/CardiacRehab.