GET A HEAD START
ON YOUR PATH TO RECOVERY

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 you:**

- Eat better
- Return to work & better engage in daily activities
- Lose weight
- Reduce the 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 [www.Heart.org/CardiacRehab](http://www.Heart.org/CardiacRehab)