



# 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. Cardiac 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 had a heart attack, ask your health care professional 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](https://heart.org/CardiacRehab)