



## Cardiac Rehab: Is it Right For Me?



### ***What is Cardiac Rehab?***

Monitored exercise, education and assistance with lifestyle changes.

### ***How will Cardiac Rehab help me?***

It can speed your recovery and help you live a longer and healthier life.

### ***What type of information will I receive?***

Diabetes  
Stress Management  
High Blood Pressure  
High Cholesterol  
Diet  
Smoking  
Weight loss  
Sexual Activity

### ***Can my family be involved?***

Yes, family support is encouraged.

**Ask your nurse if Cardiac Rehab is right for you!**



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