



**Every Heart
Deserves
To Be Seen,
Heard, and
Celebrated**

Cardiac Rehab

- Improves your heart health and lifestyle after a cardiac event, such as a heart attack, heart failure, angioplasty, or heart surgery.
- This is accomplished through exercise, counseling and training, reducing your risk factors, choosing heart-healthy diets, and understanding your medications.
- SRMC offers both Phase II and Maintenance Programs. Both are individually designed programs based on each patient's needs and goals.



Sidney Regional
MEDICAL CENTER

308-254-5825 x1111
SidneyRMC.com