

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.



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