



The Cardiac Rehabilitation Program

Healing Hearts One Beat at a Time

The Program:

- Provides medically supervised environment to safely increase your activity
- Maintains regular communication with your physician

Provides counseling and education in:

- Dietary changes
- Weight loss
- Smoking cessation
- Stress management

Benefits of Exercise:

- Improves physical fitness and energy levels
- Improves heart strength
- Improves overall well-being
- Improves management of stress
- Increases ability to perform job or tasks
- Reduces blood pressure
- Reduces risk of future heart problems
- Controls cholesterol levels

Four Convenient Locations

Hartford Hospital
80 Seymour St
Hartford, CT 06102
Phone: 860.545.2133

West Hartford - Blue Back Square
65 Memorial Rd
West Hartford, CT 06107
Phone: 860.570.4571

Glastonbury Wellness Center
628 Hebron Ave
Glastonbury, CT 06033
Phone: 860.633.9084

Avon Wellness Center
100 Simsbury Rd
Avon, CT 06001
Phone: 860.674.8509

