Cardiac Rehabilitation helps heart patients recover from a heart attack or heart surgery by increasing their physical fitness and improving their overall health which in turn can help reduce their risk of future heart problems. Our customized rehab includes: monitored exercise, nutritional counseling, education on lifestyle changes and emotional support.

Come see our **NEW** Outpatient Cardiac Gym!

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**Date:** Thursday • July 28, 2011

**Time:** 11 a.m. to 2 p.m.

**Location:** West Jeff Fitness Center • 2nd Floor

**Address:** 1121 Medical Center Boulevard
Marrero, Louisiana 70072

To learn more, call (504) 349-6180