

Cardiac Rehabilitation Phase III Together for Better Living



South Georgia Medical Center and the YMCA are partnering to improve and enhance the quality of life for heart patients.



Phase III of SGMC's Cardiac Rehab program is now located at the YMCA on Gornto Road. SGMC will staff the program with a certified RN and physician oversight.

This program is designed for those who have experienced a cardiac event and completed Phases I and II of a cardiac rehabilitation program. This program is also ideal for those who suffer from heart disease, hypertension or diabetes, fibromyalgia or strokes.

Program Features

- *Improve & Maintain Cardiovascular Health*
- *Develop Muscle Strength, Endurance & Flexibility*
- *Build Confidence & Adopt an Active Lifestyle*
- *Improve Mental Well-Being*
- *Enjoy a Relaxed, Fun Atmosphere*

Entry Requirements

- *Physician Referral*
- *Completion of Phase I and Phase II*



Dates, Times & Location

Monday, Wednesday & Friday; 8:00am to 12noon
YMCA on Gornto Road

Call 229.245.6211 for enrollment.