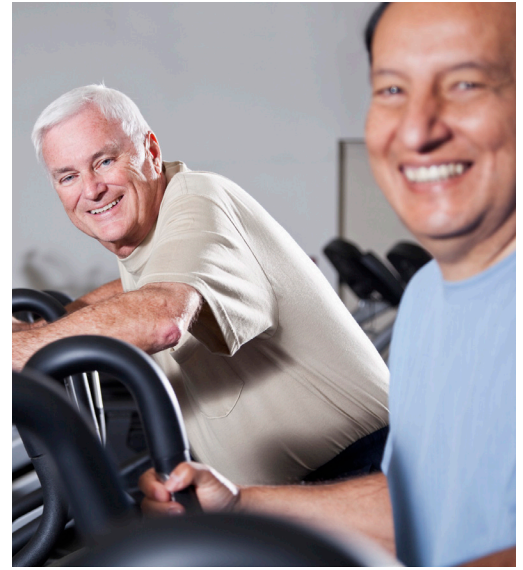


## WELLNESS AND LONGEVITY

# Heart Health Program

Englewood Hospital and Medical Center and Kaplen JCC on the Palisades (JCC) are pleased to join together to offer the Wellness and Longevity Program. If you have heart disease or risk factors for heart disease, the Wellness and Longevity: Heart Health Program can help you lead a well-rounded, healthy lifestyle. This structured program is guided by medical and fitness experts, so you can be assured that your safety and health come first.



### KEY FEATURES

- ✓ Physician-developed program
- ✓ Twice-weekly supervised private-group workouts
- ✓ Wellness and nutrition coaching
- ✓ Meditation and stress-management strategies
- ✓ Access to Kaplen JCC on the Palisades
- ✓ 6 weeks, beginning June 2018

### ELIGIBILITY

The program is open to patients with their doctor's approval who meet one of the following criteria:

- Patients with a diagnosis of heart disease or who are at risk of heart disease, such as those with diabetes, high blood pressure, or a family history of heart disease or who are overweight.
- Patients who have completed a formal cardiac rehabilitation program.

For more information or to register,  
[www.Englewoodhealth.org/HHP](http://www.Englewoodhealth.org/HHP) or call 201-608-2377.



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