

# NEWS RELEASE

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## **Heart Disease Prevention and Education Programs Scheduled**

New Heart: Wellness, Fitness and Cardiac Rehabilitation has announced a new array of specialized programs that may aid in disease prevention and promote wellness.

Available programs include a Cardiac Risk Assessment in which New Heart's professionals test patient's cholesterol and blood sugar levels, take body weight and measures, do a short walk test to establish a good exercising heart rate and discuss patient's personal overall risk of heart disease and what can be done to lower risks. Cost is \$40.

New Heart also offers tools like Health Coaching. Using the principles of motivational interviewing, health coaches help individuals identify their personal values and goals and begin taking the steps necessary to reach those goals and live a more healthy, fulfilling life. Health Coaching sessions cost \$20 per 30-minute session.

A free Life in Balance seminar introduces the importance of addressing the physical, emotional, social and spiritual elements of health in order to have the best possible quality of life. Many other programs, such as Smoking Cessation, are available to promote healthier, happier living.

New Heart, founded in 1975, is a nonprofit heart disease prevention and rehabilitation facility. It offers traditional program elements such as exercise, cholesterol management, and nutritional guidance, key factors impacting the progression or regression of disease. In addition, New Heart also explores other practices of health and healing in order to address all dimensions of wellness. A wide range of ongoing therapies such as Mindfulness Meditation, Tai Chi, Health Coaching, Journaling for Wellness and Music Therapy are available. Educational classes as well as patient and spousal support groups are also important New Heart program components.

New Heart is located at 601 Lomas Blvd NE in Albuquerque. (505) 881-8195. [www.newheartnm.org](http://www.newheartnm.org)