

# NEWS RELEASE

**Release – Immediately –March 2, 2007**

For More Information Contact: Gail at (505) 881-8195

## **Cardiac Rehabilitation Program Customized at New Heart Wellness Center**

New Heart: Wellness, Fitness and Cardiac Rehabilitation features a complete wellness program designed around the needs of the individual patient and the illness they are trying to prevent or recover from. This 12-week program includes pre- and post-program walk tests, periodic physician visits, and a personalized exercise program designed to strengthen the heart slowly and safely after a cardiac event such as a heart attack, bypass surgery or other invasive treatment. The cardiac rehabilitation program includes insurance reimbursement.

New Heart also offers support groups for men and women with heart disease and for caregivers of heart patients. These informal groups are free and facilitated by volunteers, designed as a place for those with similar experiences to converse openly.

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)