

# NEWS RELEASE

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## **New Heart Wellness Center Announces Name Change**

The Blake Chanslor New Heart Wellness Center has been renamed to better reflect its programs and services. According to Meg Lueker, operations manager, “New Heart: Wellness, Fitness and Cardiac Rehabilitation says it all.”

Blake Chanslor has long been a proponent of the name change, feeling that it would be in the center’s best interest to clarify the programs and services that the staff already provides to a wide variety of patients.

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

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