

NEWS RELEASE

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Weight for Wellness and Diabetes Programs

New Heart: Wellness, Fitness and Cardiac Rehabilitation has announced a new array of specialized programs, including various programs for wellness and the prevention of heart disease.

Weight for Wellness, a specialized, 6-week course, is designed to help individuals be mindful of the way they eat and of the pitfalls they might encounter when trying to maintain a healthy diet. The program, which is instructed by Pam Fletcher, RD MA, includes a cooking demonstration as well as guest speakers who discuss stress reduction and exercising at home. Cost is \$7 per 1-hour session or \$38 for 6 weeks.

Other classes, such as Diabetes Education (taught by Certified Diabetes Educator Valerie Quinn), Health Education, or programs in risk assessment and lifestyle coaching, can help individuals in the prevention of heart disease and initiate a road to a healthier lifestyle.

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