



*Listen to your heart.*



## CARDIAC REHABILITATION SERVICES AT SCMC

Cardiac Rehab can make a difference in your life if you have a heart problem.

The Phase 2 Cardiac Rehabilitation program at Stevens Community Medical Center is designed to fit your individual needs. The program includes exercise sessions where a Physical Therapist and Registered Nurse will monitor how hard you are working while your heart is being checked for your pulse, blood pressure and rhythm. Cardiac Rehab counsels on heart health, stress reduction and nutrition. It also includes exercises, medication consultation, educational help with smoking cessation and dealing with risk factors.

Cardiac Rehab helps you feel better and stronger after a heart injury, but most importantly it can help you prevent *re-occurring* heart problems and will ultimately teach you ways to live a healthier lifestyle. Listen to your heart, your health is counting on it!

### *Why Cardiac Rehab?*

**Heart Attack**

**Valve Replacement**

**Cardiac Stents**

**Congestive Heart Failure**

**Stable Angina**

**Coronary Artery**

**Blockage**

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### **Cardiac Rehabilitation Department**

400 E. First Street

Morris, MN 56267

320.589.7658

email: [rehab@scmcinc.org](mailto:rehab@scmcinc.org)



STEVENS COMMUNITY  
MEDICAL CENTER

Caring is our Reason for Being

#### **Starbuck Clinic**

501 Poler Street | Starbuck, MN 56381  
320.239.3939

#### **Stevens Community Medical Center**

400 E. First Street | Morris, MN 56267  
320.589.1313

#### **Courage Cottage**

409 E. First Street | Morris, MN 56267  
320.585.5134

[scmcinc.org](http://scmcinc.org)