Cardiac Rehabilitation Program

If you have had recent heart attack, heart surgery, a heart stent placed, or have stable angina, a cardiac rehabilitation program can help speed your recovery and reduce your risk of having complications in the future. Studies have confirmed the benefits of cardiac rehabilitation. One of the biggest benefits is the knowledge you will gain to help you make better lifestyle choices so that you can live to the fullest. Other benefits include improved cardiovascular function, improved fitness level, weight loss, smoking cessation, stress management, blood pressure control, lower cholesterol, and increased knowledge of nutrition.

Be sure to talk with your doctor about cardiac rehab. The Mount Carmel Cardiac Rehabilitation team can help you make great strides in your complete recovery – increasing your strength and endurance, and managing your risk factors.

Mount Carmel Cardiac Rehabilitation Locations

Other Locations

If you are unable to attend Mount Carmel’s program due to location, check the list below for a program near you.

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