



**WALKER
HEART
INSTITUTE**
WASHINGTON REGIONAL

Cardiac Rehab Support Group



MONTHLY MEETINGS

4th Tuesday from 10:30-11:30 a.m.

This group is for people *age 65 & under*.

We will meet in the Cardiac Rehab clinic at the Walker Heart Institute.
(3215 N. North Hills Blvd.)

Please call the Cardiac Rehab Clinic for more information. (479-463-7220)

The experience of sharing with others creates an opportunity for healing, providing comfort and support, and receiving valuable tools for continued coping after a cardiac event.