

CARDIAC WELLNESS

Have you experienced a **cardiac event** or been told you are at risk? Cardiac Rehab Nurse, Nancy, will monitor your exercise to ensure safety, build confidence and support you in leading a healthy lifestyle.

CLASS SESSIONS INCLUDE:

- Q & A with Cardiac Nurse Nancy Handeland, RN, ACLS
- Blood Pressure
- Heart Rate and Rhythm assessments (may include other assessments as needed)
- Group Exercise-led by YMCA Fitness Staff

Monday, Wednesday and Thursday

6:30-8:00 am

Facility Members Only: FREE

For more information contact Cheri Loden at 253.833.2770 or cloden@seattleyymca.org



Everyone is welcome. Financial assistance is available.
The YMCA of Greater Seattle is a charitable, non-profit membership organization serving King and south Snohomish counties since 1876.

AUBURN VALLEY YMCA
HEALTH & WELL-BEING PROGRAMS

