

# Cardiopulmonary Rehabilitation Program

**Believe** and you  
can **Achieve**

The Cardiopulmonary Rehabilitation Program at Clinch Valley Medical Center is designed to help strengthen your heart and lungs. Through a series of exercises and educational classes, you'll learn to improve the quality of your life by choosing a healthier lifestyle.

## Cardiac Rehabilitation

This program may be of benefit to people who have had a heart attack or suffer from angina or other heart disease.

## Pulmonary Rehabilitation

This program may be of benefit to people who have a chronic lung disease, including emphysema and COPD, or with other potentially debilitating lung diseases.

## Smoking Cessation

We also offer smoking or tobacco cessation programs for people who want to quit but need help.

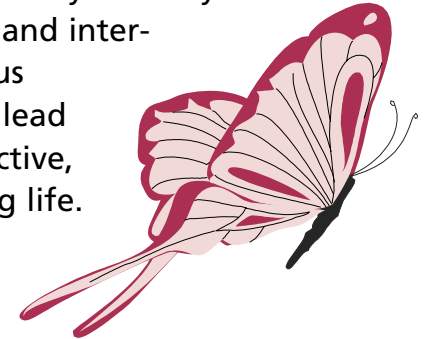
## What We Offer

Program participants have access to a wide variety of exercise equipment, including AirDyne and Nustep bikes, arm exercisers, treadmills and an indoor walking track. CVMC uses state-of-the-art monitoring equipment to provide objective measurements of your progress and a safe environment to exercise. Our staff is trained to handle medical emergencies that could arise as you exercise.

## Participation

A physician's referral is required to participate in this outpatient program. Most people attend three times a week for 8-12 weeks, or 18-36 sessions. The length of the program is based on your progress and may be limited by insurance coverage. Your doctor and the rehab staff will work together to set up a program just for you.

Don't let heart or lung disease severely limit your daily activities and interests. Let us help you lead a more active, rewarding life. See you at the gym!



**For more information, please call (276) 596-6168.**