

Get Tough On Angina

A PROGRAM FOR PATIENTS, FAMILY & COMMUNITY

Speaker: **Beth Dole, Certified Exercise Specialist**
Cardiac Rehab, Munson Medical Center

In this presentation you will learn about:

- The description of angina including the significance of the problem, or exactly how many people are actually “living with angina”
- The causes, diagnosis and treatment of angina
- How you can better control and monitor your angina
- What triggers your angina, how to relieve the discomfort, hoe to safely exercise, and how to receive comfort from communicating with family and friends
- The importance of communicating with your doctor
- Practical tips to enhance your daily quality of life

Monday, March 12, 2007

12:00 – 1:30 pm

***Presented live via the REMEC TeleHealth
Network from Munson Community Health
Center***

No Fee

No Registration

For more information, call 231-935-8565

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MUNSON HEALTHCARE
*Cardiac Prevention and
Rehabilitation*

Your Health... Our Mission

*Please contact the site coordinator at your facility
to confirm program availability in your area.*

Site Location: _____

Site Contact & Phone #: _____