



Mountainside Hospital



100,000 Americans each year recover from heart attacks or heart surgery through cardiac rehabilitation.

Have you recently been diagnosed with Acute Coronary Syndrome or have experienced a:

- ♥ Heart Attack
- ♥ Angioplasty
- ♥ Stent
- ♥ Heart Bypass Surgery
- ♥ Valve Replacement
- ♥ Heart Transplant
- ♥ Angina

If so, and you are thinking "Where do I go from here?". **WE CAN HELP.**

Join us as we address heart healthy nutrition, medications and an exercise regimen recommended for those affected by a cardiac event.



Join us for an educational seminar and a tour of the Center.

Dates:

April 27
July 20 &
October 26, 2011

Time:

6:30 PM – 7:30 PM

Location:

Mountainside Hospital
1 Bay Avenue,
Montclair, NJ 07042

**To register, please visit
[mountainsidehosp.com/
events](http://mountainsidehosp.com/events) or
call 1-888-973-4MSH.**

Mountainside Hospital's Cardiac Rehabilitation program is certified by the AACVPR (American Association of Cardiovascular Pulmonary Rehabilitation).