

CARDIAC REHABILITATION

Lipid lowering

Depression and anxiety counselling

Self-support counselling

Group education sessions

Blood pressure management

Cholesterol & blood sugar management

Glucose control

Weight management

Smoking Cessation

Exercise counselling

On-site exercise sessions

Dietary counselling

Exercise stress testing

Cardiac Rehabilitation

Michael Brown



Cardiac Rehabilitation:

Delve into the emotional tapestry woven by in Experience **Cardiac Rehabilitation** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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