

Getting Back To Fitness

How to exercise after a cardiac episode

Presented by Bellin Intern, Amanda Starzynski

- Overview of Cardiac Rehab
- Learn how to exercise safely
- Find out how to monitor intensity of exercise and heart rate
- Practice proper breathing techniques



Ashwaubenon -
Wed, July 27th at 5:00pm
Studio Classroom

Bellevue
Thurs, July 28th at 3:00 pm
Group Fitness Room