

At Ellenville
Regional Hospital,
we're all heart.



Our Cardiac Wellness
Aerobic Fitness
Program is FREE and
can help prevent
cardiovascular disease.

Find Us On:



ERHNY.org

The Rural Health
Department offers a series of
programs and resources
including:

- Farm-acy
- Fitness Classes
- Project Rescue
- Narcan Training
- Nutrition Counseling
- Well Being Workshops
- Community Healthcare Workers
- Facebook Nutrition Support Group
- Shoprite Circular Weekly Meal Packet
- Grief Recovery After a Substance Passing (GRASP)

To learn more about any of
these programs call
(845) 647- 6400 ext. 215

10 Healthy Way
Ellenville, NY
845-647-6400
Ext 215



Ellenville Regional Hospital's
Cardiac Wellness
Aerobic Fitness Program



Welcome to Ellenville Regional Hospital's Cardiac Wellness Program

By enrolling into the Wawarsing Wellness program, individuals are able to partake in the FREE Cardiac Wellness Program. This Program will improve aerobic fitness for individuals at risk for cardiovascular disease, heart attack or stroke. The Cardiac Wellness Aerobic Fitness Program offers physical activity classes lead by Physical Therapy staff and is tailored to individual fitness level and ability. Our staff will help you make life style improvements to proactively decrease the risk of a diagnosis of cardiovascular disease.



Want to make a change?
START TODAY AND ENROLL!

Research indicates there
are many benefits to
aerobic exercise
including:

- Strengthens heart and cardiovascular system.
- Improves circulation and helps your body utilize oxygen more efficiently.
- Increases energy level and improves endurance.
- Lowers diastolic blood pressure.
- Strengthens bones.
- Helps to reduce stress, tension, anxiety and depression.
- Improves balance and joint flexibility.
- Improves sleep.
- Improves glucose regulation: - crucial for Diabetics.



*Do you have of the following
risk factors?*

- Current smoker
- Body Mass Index > 25 (indicating overweight or obesity)
- Hypertension
- Diabetic or pre-diabetic

**If so you are eligible to
participate!**

Schedule:

- Tuesdays: 10am—11am
- Thursdays: 5pm—6pm

Classes will be held for four months for a total of thirty two (32) visits.

On the first visit, a Physical Therapist will perform the Cardiac Wellness evaluation. After the evaluation, the classes will be completed by a Physical Therapist Assistant.

