



Roseville Health  
& Wellness Center

# Healthy Heart Program

(for Cardiac Rehab & Pulmonary graduates)

## *Phase 4 Cardiac Rehab & Pulmonary*

**Supervised Times:**

Monday & Wednesday 11am - 12pm

**Independent Exercise Times:**

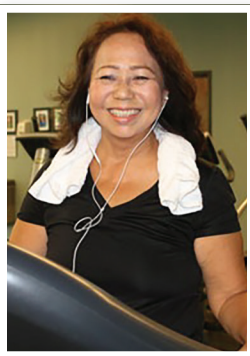
Tuesday & Thursday 7am - 12pm

Monday, Wednesday & Friday 11am - 12pm

## *Phase 3 Cardiac Rehab*

**Supervised Times:**

Monday & Wednesday 11am - 12pm




### **Agnes Schach**

"Before making a decision to enroll at RHCW I could not walk from my car to the supermarket, now I can run." Agnes regained control of her health after being referred by Sutter cardiac rehab program, since starting at RHCW she's gone from a size 20 to size 4, she's lost 54 pounds and her Doctor is impressed at how she's reversed diabetes and no longer requires her blood pressure meds. "Thanks to the structured care & expert training at Roseville Health & Wellness Center I now enjoy a greater quality of life!"

*Roseville Health & Wellness Center has been designated the #1 medically based Wellness Center in the United States by the Medical Fitness Association and American College of Sports Medicine*

To schedule a tour or learn more about this program contact **Lisa Schetter at 916-677-1200**

1650 Lead Hill Blvd, Roseville | 916.677.1200  
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