

# HEALTHY HEART HEART MATTERS



## StrongHeart

This 12-WEEK program is designed for cardiovascular disease and stroke survivors, as well as for individuals who are at high risk. In partnership with Prisma Health Tuomey, the American Heart Association, and Palmetto Health USC Medical Group, the Sumter Family YMCA is offering an education based program to promote healthier hearts. This program strives to help improve each participant's health while giving them the tools to be successful.

**Session Dates:** September 19 - December 5

**Tuesday:** 6:30 - 7:30 PM

**Registration Begins:** August 28 - September 11

Applications available at the member service desk.  
No cost to participant.



Prisma Health  
Tuomey Hospital

PRISMA HEALTH



Heart Walk

Palmetto Health USC  
MEDICAL GROUP

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.