

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. The program will meet once a week for 60-minutes. This program strives to help improve each participant's health while giving them the tools to be successful.

Session Dates: September 10 - November 26

Tuesdays: 5:30 - 6:30 PM

Registration Begins: August 26 - September 6

Applications available at the member service desk

No cost to participant

Must have a physician's referral



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.

STRONGHEART



Please complete this form and turn it in to the member service desk

NAME: _____

ADDRESS: _____

PHONE: _____ Email: _____

Participant Signature: _____ Date: _____

Cathy Mason, lead instructor, will contact you prior to class starting.

Physician referral

Referring Physician: _____ Phone#: _____

Address: _____

Referring Physician Signature: _____ Date: _____

OFFICE USE ONLY:

Register in Daxko and place in Cathy's box _____
Staff Initials