

Saturday, June 20, 2015

8 a.m. - 11 a.m.

– Rain or Shine–

**Sonnenberg Gardens and Mansion
151 Charlotte Street, Canandaigua**

**Emcee Doug Emblidge
13 WHAM TV Anchor**

**Thank You to our Presenting Sponsor
Finger Lakes Cardiology Associates**



▶ WHAT IS CARDIAC REHABILITATION?

Cardiac Rehabilitation is a medically supervised and personalized program, including evaluation, exercise training and education to improve heart healthy living skills. Emotional support and counseling are offered to reduce stress and help patients recover and return to an active lifestyle.

▶ WHAT ARE THE BENEFITS OF CARDIAC REHABILITATION?

- Increases survival rate post cardiac event.
- Improves heart disease symptoms, such as, chest pain, shortness of breath and fatigue.
- Reduces risk of future "heart events," by stabilizing, slowing or reversing progression of heart disease.
- Improves quality of life, by increasing stamina and strength, enhancing patients ability to return to work, leisure activities and hobbies.

▶ WHAT IS THE CARDIAC REHABILITATION SCHOLARSHIP FUND?

- Although Cardiac Rehabilitation is covered by most insurance plans, high copays and high deductible plans are often a huge barrier for patients to attend. Many people cannot afford to participate.
- 100% of the Rose Walk proceeds assist local heart disease survivors with the cost of the cardiac rehabilitation program.

**DONATE TODAY and help us make
cardiac rehabilitation possible for
local heart disease survivors.**

**Proceeds to
benefit the
Cardiac
Rehabilitation
Scholarship
Fund**

**For more
information, call
(585) 396-6253
or visit**

www.ThompsonHealth.com/RoseWalk

