



Cardiac Symptom Reduction & Wellness Program

- Are you stressed and anxious?
- Do you feel sad and depressed and feel like crying sometimes?
- Do you have trouble sleeping at night?
- Do you feel life is unfair and ask yourself “Why did this happen to me?”
- Do you feel angry because you have been stricken with heart disease?
- Are you afraid of dying?
- Do you have trouble sleeping at night?
- Do you wonder– “What happens now and how will I/we manage?”

Free Report

‘Stress Can Break Your Heart’

Email to:

csrg2@cfchp.com

or call

(215) 364-3722

**Answered Yes to any of these questions? you are not alone;
The following program is for you!**

Stress, anxiety, anger, fear and depression are very common symptoms that cardiac patients experience. In fact, the latest research has shown that stress, depression and anger are independent risk factors for heart disease. A key factor is the effect of “*stress hormones*” on our body!

Conquering Heart Disease

This 8 week *Cardiac Symptom Reduction & Wellness Program* is designed to help you to make vital psychosocial changes and reduce your risk of further cardiac events by teaching you the following coping skills:

- To manage your stress more effectively and reduce cardiac symptoms
- To lower your blood pressure and other risk factors
- To feel less anxious and depressed
- To learn to look at a glass as half full rather than half empty
- To build inner resilience to be able to thrive despite having heart disease
- To manage your anger and change your Type A personality

Who’s The Boss?

You or Your Heart Disease?

Empower yourself now. You’ll learn cognitive restructuring techniques, various relaxation techniques, and guided imagery techniques to build coping skills and reduce symptoms. Achieve a calmer outlook and healthier heart health through sharing and learning in supportive group sessions.

FREE RELAXATION CD

(a \$20 value!)

When you pre-register 2-weeks before group

“This CD has greatly helped me cope with my situation– a great resource”-D.A

“Dr. Rao, the work you’ve done with me has really changed me and helped me get my life back on track, Thank you Dr.Rao”

-P.B Bucks County

“My Blood Pressure has stabilized & my medications reduced, this has been life changing, Thanks” -S.K

**New Groups are regularly scheduled ♦ Sessions are 1 hour each per week for 8 weeks
Most insurances accepted ♦ Location: St. Mary & Lower Bucks Hospital**

For more information, call Dr. Arathi Rao at (215) 364-3722