

# 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 Palmetto Health Tuomey, the American Heart Association, and Palmetto Health USC Medical Group, the Sumter YMCA is offering an education and physical activity based program to promote healthier hearts. The program will meet twice a week for 90 minutes. This program strives to help improve each participant's health while giving them the tools to be successful.

**Session Dates:** Jan. 29 - April 18

**Tuesdays and Thursdays**

10:30 am - 12:00 pm

At the YMCA Conference Room

\*Come prepared to exercise

**Application due by Jan 22, 2018**

Applications available at the member service desk and the fitness desk



No cost to participant. Class is limited to 10 participants

Contact: Cathy Mason [cmason@ymcasumter.org](mailto:cmason@ymcasumter.org)



Heart Walk.

**Palmetto Health USC**  
MEDICAL GROUP

