

# CARDIAC REHABILITATION

Lipid lowering

Depression and anxiety counselling

Self-support counselling

Group education sessions

Blood pressure management

Cholesterol & blood sugar management

Glucose control

Weight management

Smoking Cessation

Exercise counselling

On-site exercise sessions

Dietary counselling

Exercise stress testing

# Cardiac Rehabilitation

**CO Houle**



## **Cardiac Rehabilitation:**

## Whispering the Strategies of Language: An Emotional Quest through **Cardiac Rehabilitation**

In a digitally-driven earth where screens reign great and instant interaction drowns out the subtleties of language, the profound strategies and psychological nuances concealed within phrases frequently go unheard. However, situated within the pages of **Cardiac Rehabilitation** a fascinating fictional value blinking with natural feelings, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, this charming opus invites readers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the very cloth of each and every word. Within the psychological depths with this poignant evaluation, we can embark upon a genuine exploration of the book's core subjects, dissect its captivating writing fashion, and yield to the effective resonance it evokes strong within the recesses of readers' hearts.

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