

Heart Health 2016



Heart Health News

Upcoming Events:

- Tuesday, Oct. 4 - [Green Tree Cardiac Rehab Clinic Open House](#)
- Sunday, Oct. 9 - [Spirit of the Heart](#)
- Friday, Oct. 14 - [Community Heart & Stroke Symposium](#)
- Saturday, Oct. 29 - [Pittsburgh Heart Walk](#)



Everyday Ways to Help Your Heart

What does it take to have a healthy heart? A lot depends on you, and your risk factors. If you imagine that healthy living means a bland diet and hours at the gym, you might be surprised to learn how simple, everyday choices can make a big difference. [Read More](#)



Namaste: Yoga and Heart Health

Yoga has become a popular form of exercise and relaxation, with people of all ages and fitness levels hitting the mat. Some studies show a link between yoga and heart health, but yoga isn't cardio...so how does it help your heart? [Read More](#)



Make the Most of Cardiac Rehab

If you've had a heart attack, heart surgery, or other cardiac event, your doctor may have recommended a cardiac rehab program. Cardiac rehab is an outpatient program that can help strengthen your heart and lower your risk of heart problems in the future. [Read More](#)



Heart and Vascular Notes

- [Condition Spotlight: Thoracic Outlet Syndrome](#)
- [Patient Story: Abby DiBenedetto](#)
- [Video Spotlight: Limb Preservation](#)
- [Heart-Healthy Recipe: Almond Snack Mix](#)

Our Community Partner

