

Putting your heart into it!

When **Leon** was referred to TCRH Cardiac Rehab for a heart attack that was treated medically, he could barely walk into the building without stopping because he was so short of breath. With a lot of encouragement and hard work on his part and following TCRH Cardiac Rehab recommendations, Leon is now able to complete a 40 minute, low intensity exercise routine, including the treadmill.

“This sure has helped me. I have plans to attend the Darlington race with my son Labor Day weekend. Something I haven't been able to do in a long time.”

-Robert "Leon" Sexton



TWIN COUNTY

Regional Healthcare

To schedule an appointment call 276.236.8181