

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.



ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

Celebrating cardiac rehabilitation patients

National Cardiac Rehabilitation Week at Asante was filled with learning, lunch and laughter for our heart patients.



All of Asante's cardiac rehab patients and their families were invited to attend a special talk and lunch held in the cardiac rehab gym.

The group of 45 people heard Asante Registered Dietitian Annie Funk's talk, "How to Eat to Make Your Heart Beat," and were treated to a heart-healthy lunch catered by Asante's dietary department.

National Cardiac Rehabilitation Week is celebrated during February, American Heart Month, as part of a national campaign to draw greater attention to heart health. The week coincides each year with Valentine's Day.

Cardiac rehab programs focus on improving the health and physical performance of individuals at risk of heart disease and those who are diagnosed with heart disease.

Asante News is published every Tuesday. Deadline for submission of articles is every Friday.
Send via e-mail to asantenews@asante.org.