

Arkansas Heart Hospital Recognizes Graduates *Intensive Cardiac Rehab Celebrates Participants*

LITTLE ROCK, Ark. (February 5, 2019) — Arkansas Heart Hospital is proud to announce a special event where graduates of its Intensive Cardiac Rehabilitation program will be honored this Saturday, February 9 at 10 a.m.

In the three years of the StrongHearts program, nearly 1,000 patients have graduated. “The program gives patients control of their life again,” said Christine Alongi, Director of Intensive Cardiac Rehab. “Most patients could not walk from the parking lot to the front door. Now they can walk confidently and in some cases no longer use their walkers or canes.”

What makes Arkansas Heart Hospital’s cardiac rehabilitation unique is it is *intensive*. Participants exercise in a monitored environment, are provided tools on nutrition, and learn how to cook for their new lifestyle. “The program was designed to bring success to patients. A lot of lives are being impacted in central Arkansas, they now have an improved quality of life, decreased their risk of another cardiac event and are enjoying life on their terms,” said Alongi.

Graduates will be available to share their stories with local media. The event will take place in the parking lot of the Arkansas Heart Hospital Clinic, located at 7 Shackelford West Boulevard.

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About Arkansas Heart Hospital

Arkansas Heart Hospital is a nationally recognized and award-winning hospital dedicated to the prevention, diagnosis and treatment of cardiovascular disease. Arkansas Heart offers advanced technology teamed with Arkansas’ leading cardiologists and cardiovascular surgeons. The hospital operates 30 clinics statewide, seven catheterization labs, three heart-operating suites and a 24-hour Heart Emergency Center. Arkansas Heart Hospital is a training center for physicians from all over the world.