



HEART TO HEART

The YMCA of the Capital Area and Baton Rouge General (BRG) are making it easy to continue your health and wellness journey with the Heart to Heart program.

Take advantage of these benefits:

- Assistance of a caring trainer
- Fitness assessment and personal exercise recommendations
- Access to a registered dietitian to help with long-term lifestyle habits
- Monthly check-ins with the BRG cardiopulmonary staff
- YMCA Wellness team check-ins and guidance on Tuesdays, Wednesdays, and Thursdays from 11am-1pm
- Specialized communications

WHAT DO YOU NEED TO GET STARTED IN THE HEART TO HEART PROGRAM?

- Referral and release from a Phase 2 Cardiopulmonary Rehab program
- YMCA Membership
 - Membership privileges include EGYM, pools, classes, etc.
 - Fee <\$50/ month and based on age
 - While a membership allows access to all 7 locations and any YMCA across the country, we understand that a test drive is a more comfortable decision. "Test drive" 60 days/ &6- at Paul G. Manship YMCA.

CONTACT US FOR ADDITIONAL INFORMATION AT 225-767-9622