

The Deadliest of all...  
*Heart Disease!*

Know **WHAT** you need  
to do, but need help  
doing it?

**BCHC's Cardiac  
Rehabilitation  
program can help!**



- *Tailored Exercise Routine*
- *Emotional Support*
- *Tips for Heart-Healthy Food*
- *Healthy Weight Goals*
- *Tools to Quit Smoking*

**Call 402-395-3156**

**Boone County  
Health Center & Medical Clinic**

**402-395-2191 • Albion, NE**

[www.boonecohealth.org](http://www.boonecohealth.org)

