



## HENRY FORD HEART & VASCULAR INSTITUTE



# PREVENT PROGRAM

Did you know that exercise has been shown to improve and/or alleviate over 40 chronic health conditions such as heart disease, obesity, high blood pressure, diabetes, peripheral artery disease and cancer? The Henry Ford PREVENT Program is a medically supervised exercise program that can help improve your health and fitness in a safe and supportive atmosphere.

Regular exercise offers many benefits to those who suffer from chronic disease, and research shows that attending a structured program can increase those benefits. Our PREVENT Program will provide you with:

- A personal fitness assessment by a clinical exercise physiologist
- An individual exercise program
- Access to group exercise classes\* (e.g. chair aerobics, yoga, etc.) and nutrition classes
- Education on ways to make healthy lifestyle changes

Our staff is uniquely educated, trained and certified to work with patients with heart and other chronic health conditions, which helps to ensure a safe, supportive environment aimed at improving health and alleviating symptoms.

*\* Not offered at all locations, see website or call for group class information.*

“This place has been my saving grace. Previously, I did not have an exercise regime, now I exercise 3-4 days a week.”

- Shirley H.

“What I like best about the PREVENT program is interacting with others that have similar problems. And more importantly, the involvement of the staff to encourage and assist me to help ensure my success.”

- Don H.

**To enroll in the PREVENT program, or to learn about other Preventive Cardiology programs, visit [HenryFord.com/prevent](http://HenryFord.com/prevent) or call 313-972-1919.**



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### Henry Ford Allegiance Cardiac Rehabilitation

1100 E Michigan Ave., Ste 100  
Jackson, MI 49201  
(517) 205-4908

### Henry Ford Medical Center - Livonia

29200 Schoolcraft  
Livonia MI, 48150  
(734) 523-8601

### Henry Ford Medical Center - Second Avenue

6525 Second Avenue  
Detroit, MI 48202  
(313) 972-1919

### Henry Ford Macomb Hospital

15400 19 Mile; Suite 145  
Clinton Township, MI 48038  
(586) 412-6660

### Henry Ford West Bloomfield Hospital

6777 West Maple Road  
West Bloomfield, MI 48322  
(248) 325-3335

### Henry Ford Wyandotte Hospital

2333 Biddle  
Wyandotte, MI 48192  
(734) 246-6977

### Henry Ford Macomb Health Center - Richmond

67267 Main St.  
Richmond, MI 48062  
(586) 727-4530