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Dosher expands heart health services

SOUTHPORT—Dosher Cardiac Rehabilitation has introduced a program for people interested in improving their overall health called, “Steps to Wellness.” Housed at Dosher Wellness Center, the program is aimed at reducing risk for heart disease and promoting healthy lifestyles.

The staff does this by customizing each participant’s exercise program. Additionally, these clients can have their blood pressure, heart rhythm, and heart rate monitored to ensure they are progressing safely. Important topics such as nutrition, stress reduction and cholesterol also are discussed to increase health awareness.

Natalie Swiger, MSN, RN, manager of cardiac rehab at Dosher, says each client is gaining one or more health benefits from the program.

“With the graduates thus far, we’ve had 100 percent satisfaction,” Swiger says. “We’ve also seen improvement in several outcomes with the patients, such as increase in exercise tolerance and activity levels as well improved dietary habits.”

The Steps to Wellness program costs \$100 for a total of 12 sessions on Tuesdays and Fridays. For more information, call 910-457-3871.

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(Editor’s note: Please see photo and caption on page 2.)



Client Marilyn Sotille says Doshier's Steps to Wellness program has helped her greatly.