

# Sentara Heart Rehabilitation

**Sentara Heart Rehabilitation involves services delivered to hospitalized cardiac patients and outpatient rehabilitation for all patients following heart surgery or a heart attack.**

Included are individualized programs that address risk factor modification, exercise, nutrition, psychological and vocational needs. Also, Sentara offers community-based facilities that offer ongoing fitness and healthy lifestyle programs designed especially for patients with heart disease.

## Key Offerings:

- Supervised exercise classes
- Behavior modification programs for risk factor modification including stress management and smoking cessation
- Cholesterol and blood pressure screenings
- Nutrition evaluation and diet therapy
- Individual and group support for families

## Sentara Heart Rehabilitation Facilities:

|   |                |               |                                    |
|---|----------------|---------------|------------------------------------|
| <b>Sentara Bayside Hospital</b><br>Virginia Beach   | (757) 363-6386 | M – F         | 8:00am – 4:30pm                    |
| <b>Sentara CarePlex Hospital</b><br>Hampton   | (757) 827-2078 | M – F         | 7:30am – 3:00pm                    |
| <b>Sentara Leigh Hospital</b><br>Norfolk  | (757) 261-6826 | M/W/F<br>T/Th | 8:00am – 4:00pm<br>7:00am – 4:00pm |
| <b>Sentara Norfolk General Hospital</b><br>Norfolk  | (757) 388-3921 | M – F         | 8:00am – 4:00pm                    |
| <b>Sentara Obici Hospital</b><br>Suffolk  | (757) 934-4654 | M – F         | 7:00am – 4:30pm                    |
| <b>Sentara Virginia Beach General Hospital</b><br><i>(Located next to hospital at<br/>Tidewater Cardiovascular Institute)</i><br>Virginia Beach | (757) 395-8010 | M – F         | 8:00am – 4:30pm                    |
| <b>Sentara Williamsburg Regional Medical Center</b><br>Williamsburg   | (757) 984-7125 | M/W/F         | 7:00am – 3:30pm                    |

