

## Other Services

### Graduate Program

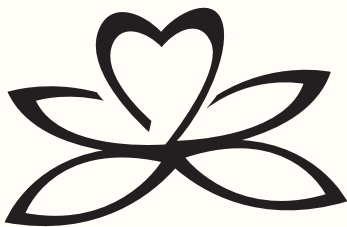
This group meets each month to provide continued support for the changes made in our 13 week program. It is open to graduates of our program as well as those who have completed Cardiac Rehab elsewhere in the past.

### Preventive Cardiology

We offer individual consultations to patients with cardiac risk factors.

We address your cardiac risk factors in detail and help you manage your elevated blood pressure, cholesterol, stress, weight, and family history of heart disease.

Stress tests, exercise assessment, 24 hour BP monitoring and other cardiac studies are available as needed.



A Healthy Heart for  
A Healthy Life

[www.portercardiology.com](http://www.portercardiology.com)

Porter

## Cardiac Wellness Program

A division of Porter Hospital



With locations at

Porter Medical Center Campus

Porter Rehabilitation Services  
at Catamount Park

Middlebury, VT 05753  
Telephone: (802) 388-8846

[www.portercardiology.com](http://www.portercardiology.com)

## Our Cardiac Wellness Team

group photo

### **Andrea T. Fossati, MD, FACC**

is a Board Certified Cardiologist and the Director of the Porter Cardiac Wellness Program. She is published in Women's Cardiology and currently specializes in Preventive Cardiology and Wellness. She has practiced yoga for 7 years, and teaches the yoga and relaxation portions of the program.

### **Ken Spencer, RN**

is a registered nurse and talented echo sonographer. He is an avid skier and specializes in exercise and wellness evaluations. He is interested in bringing programs for health and wellness to the community.

### **Lea Wimette, ES**

is an exercise specialist and active mom who has worked in Cardiology and Stress Testing for many years. She taught our Cardiac Rehab program in the past, and looks forward to bringing her experience in exercise and nutrition to our new program.

### **Amal Duprey, Program Manager**

has been an enthusiastic member of our team for over a year. She is the best contact for any questions you have, including those regarding enrollment, scheduling, billing, and obtaining materials.

## For More Information

To request more information, or to enroll in our program, please contact Amal by phone 802-388-8846 or email at [aduprey@portermedical.org](mailto:aduprey@portermedical.org)

## Our Program

Our **Cardiac Wellness Program** is based on the program developed by Herbert Benson, MD and Aggie Casey, RN at Harvard Medical School. It is a 13 week program that helps participants make heart healthy lifestyle changes that last.

Prior to beginning the program, each participant has a consultation with our Cardiologist. A low level stress test is performed, and an individual treatment plan is created. A goal setting session will introduce you to all the aspects of the program, including exercise, stress management, and nutrition.

We enroll individuals with **heart disease** and those with **risk factors** together in each group. If you have had:

- ♥ Angina, heart attack, heart surgery
- ♥ Stent or angioplasty
- ♥ High blood pressure
- ♥ High cholesterol

you may be eligible for our program.

We meet once a week for an extended session that includes exercise, stretching, relaxation, a heart healthy snack, and education.

Participants practice what they learn throughout the week, and are assigned reading that supports what they learn in class.

By including all the important aspects of heart health in each week's class, our team will help you:

- ♥ Reduce your cholesterol
- ♥ Reduce your blood pressure
- ♥ Manage stress more effectively
- ♥ Learn to eat more healthfully
- ♥ Lose Weight
- ♥ Improve your social support
- ♥ Exercise regularly
- ♥ Understand your own heart condition, in order to become a more active participant in your health