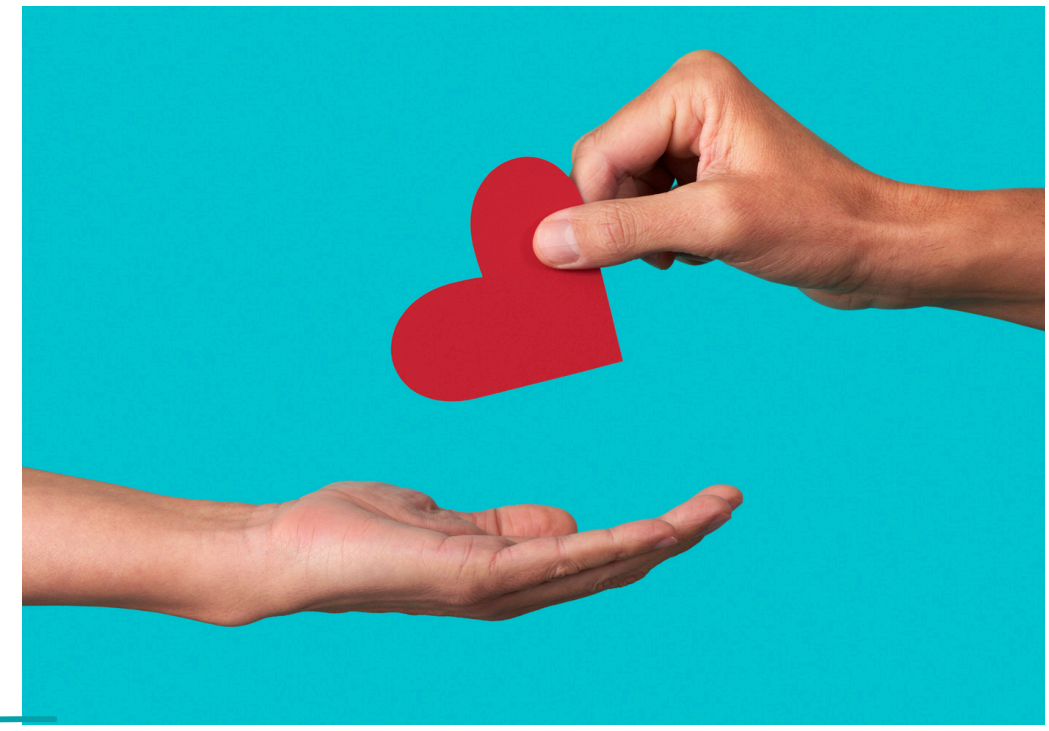
Clarinda Regional Health Center

HEART STRONG

CARDIAC & PULMONARY PHASE 3 REHABILITATION



CONTINUING YOUR PROGRESS

After completing Phase 2 cardiac or pulmonary rehabilitation, you have built a foundation for better health. Our Phase 3 program, “Heart Strong,” offers an opportunity to build on that progress through guided exercise, continued support, and a focus on maintaining strength, endurance, and an active lifestyle. Led by our Wellness Specialists, this program helps you make physical activity a regular part of your long-term health and wellness.

Call 712-542-8224 to get started!



Phase III Class Schedule

Tuesdays & Thursdays

- 8:00-9:00 am
- 9:00-10:00 am
- 10:00-11:00 am
- 1:00-2:00 pm

Phase III Pricing Options

10 Visits = $60

5 Visits = $30

Your visits never expire!

If the scheduled times do not work for you, please talk to your Wellness Specialist. You can use the visits at your own pace and attend when it works for your schedule! When you've used your visits and it's time to renew, your Wellness Specialist will let you know.