



Aviary Health

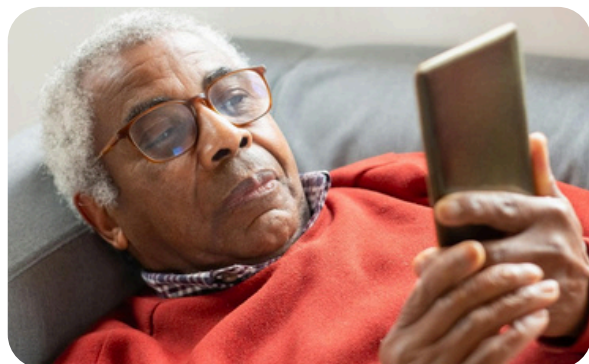
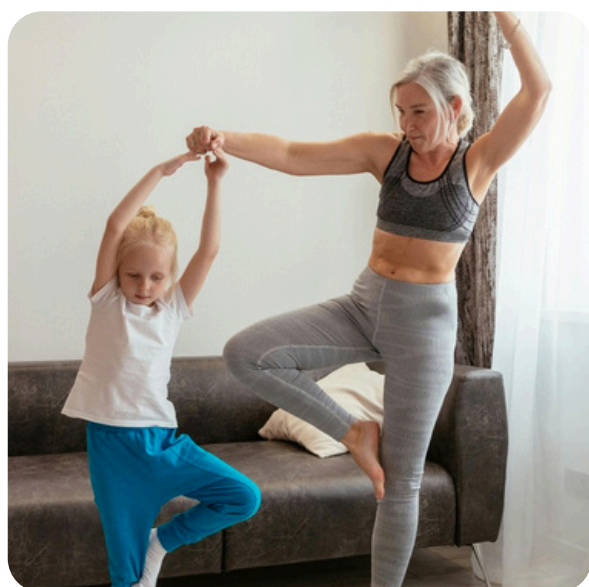
WITH

Beth Israel Lahey Health



Our Virtual Cardiac Rehabilitation Program helps restore your heart health at home

Cardiac rehab has been shown to decrease your chance of ending up in the hospital again and enhance your quality of life



We work with your doctor and provide a treatment plan customized for you:



Live video exercise sessions personalized for your ability



Nutrition counseling and cooking demonstrations



One-on-one coaching and peer support in group classes



Support for managing stress, your medications, and smoking cessation



Support with weight management

Get started today:



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OR

Call us at **1-844-AVIARY-1**
(1-844-284-2791)

