



Undo heart disease with Ornish Lifestyle Medicine

Intensive cardiac rehabilitation

If you or a loved one is recovering from a heart attack or heart surgery or is living with heart disease, ask your provider about taking part in Dr. Ornish's Program for Reversing Heart Disease® at Geisinger Wyoming Valley Medical Center (GWV), the area's only intensive outpatient cardiac rehabilitation program.

Ornish Lifestyle Medicine™ is designed to restore and maintain your heart health. The program is scientifically proven by more than 35 years of research to prevent, stop and even reverse (“undo”) the progression of heart disease through targeted lifestyle changes.

In addition, for people who have heart disease risk factors — such as diabetes, obesity, high blood pressure and high cholesterol — Ornish Lifestyle Medicine may help protect your heart health before serious problems develop.

If you are ready to feel better, have more energy, reduce your dependence on medications and enjoy greater well-being, make the call that could save your life — or that of someone you love. Contact us to find out more about Ornish Lifestyle Medicine at GWV.

Depending on your medical history, your participation in this program may be covered through Medicare or other insurance plans.

To enroll in an upcoming session (friends and family members are encouraged to sign up, too), call one of GWV's certified Ornish practitioners at 570-808-7973.

Geisinger