



Let's undo it together

More about Ornish Lifestyle Medicine at Geisinger Wyoming Valley

Participants in Ornish Lifestyle Medicine™ attend half-day sessions at Geisinger Wyoming Valley's Cardiac Rehabilitation Center twice a week for nine weeks. In each session, you'll learn proven techniques to optimize your cardiovascular health with a particular focus on four key areas:

- Nutrition
- Fitness
- Stress management
- Social support

Participants go through the program in a comfortable small-group setting, sharing the experience with other community members who also have the common goal of reversing their heart disease and improving their well-being. Our dedicated multidisciplinary healthcare team guides you through the program's various activities every step of the way.

To enroll in an upcoming session (friends and family members are encouraged to sign up, too), call Geisinger Wyoming Valley's Cardiac Rehabilitation Department at 570-808-7973.

Geisinger