

HealthSouth Nittany Valley Rehabilitation Hospital

CARDIOPULMONARY GROUP

The Nittany Valley Heart Healthy Support Group has combined with the Better Breathers Club to form the Cardiopulmonary Support Group! This group is open to individuals living with cardiopulmonary conditions and their loved ones.

The focus of the group:

- To provide a supportive atmosphere and a chance to gather with other community members
- To help individuals and their families to live more fully in spite of their medical needs
- To raise awareness about issues of living with cardiopulmonary conditions

The Cardiopulmonary Support Group accomplishes its focus through:

- Group discussions
- Guest speakers
- Social events

Meetings are held the third Thursday of every month (with the exception of December, January, and February) starting at 2:00pm at HealthSouth Nittany Valley Rehabilitation Hospital, located on Route 26 in Pleasant Gap. A brief social period precedes each meeting at 1:45pm. The meetings are free and no registration is required.

If you have questions, please contact Cheri Taylor, RT at (814) 359 - 3421.

2018 Cardiopulmonary Event Schedule

March 15, 2018

Quentin Birchfield
Office of Aging

“Resources for the Road Ahead”

April 19, 2018

To Be Determined

May 17, 2018

To Be Determined

June 21, 2018

To Be Determined

July 19, 2018

Lance Kephart, RPh

“Medication Compliance”

August 16, 2018

Steve Uberti, PTA

“Tai Chi”

September 20, 2018

Brianne Meek, RD, LDN

“Diets Per Diagnosis”

October 18, 2018

Elise Howard, RN

“Internet Safety”

November 15, 2018

Annual Holiday Party

Location TBA