

Helping You be Heart-Healthy!

Join Englewood Hospital during February, American Heart Month, at our many heart-smart programs. Your heart will thank you!

Community Events

Heart and Soul Too! Youth Fest ♥ February 20, 1:00 – 4:00 pm

An afternoon of education and fun to help children and teens develop fun, healthy habits the whole family can share! 201-894-3589.

Heart and Soul Music Fest ♥ February 26, 5:30 – 9:30 pm

An evening of entertainment and health awareness as Englewood Hospital teams up with local cultural organizations to mark Black History Month and American Heart Month. 201-894-3589.



Support Groups

Quit Smart® Smoking Cessation ♥ February 18, 5:00 – 6:00 pm

Kick the habit for good. Meets every other Thursday, ongoing. One-time \$50 registration fee. Call 201-894-3157.

Diabetes Support Group ♥ February 23, 7:00 – 8:30 pm

Meets on the fourth Tuesday of every month; open to individuals and families. Share experiences, and learn how to live with diabetes. 201-894-3335.

Visiting Hearts

For patients who are preparing for or have undergone cardiac surgery. 201-894-3636.

Weight Loss Surgery Information and Support Groups

Seminars and support groups for patients who have undergone or are considering weight loss surgery. Bestbariatricdocs.com or call 201-894-3667.

Educational Programs

Stress Management at The Center for Integrative Healing ♥ February 23, 5:30 – 7:30 pm

Learn important mind-body skills including breathing skills, meditation and guided imagery to help relieve stress, improve self-awareness and calm the body and mind. Sessions every Tuesday for six consecutive weeks. Cost \$390. Call 201-894-3767.

CPR/Emergency Care Courses (American Heart Association approved)

Initial, renewal, and instructor classes, including basic life support, advanced cardiac life support, and pediatric life support are offered throughout the year. Call 201-894-3875.

Heart Strong!

Education and support for patients with heart failure; sessions led by cardiologists, nurses, dietitians and exercise physiologists to help you take charge of your health. Call 201-894-3476.



All programs are at:

Englewood Hospital

350 Engle Street, Englewood, NJ 07631

Main number: 201-894-3000



ENGLEWOOD

HOSPITAL AND MEDICAL CENTERSM

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