

# Outpatient Cardiac Rehabilitation

If you have a heart condition, your doctor may refer you to a cardiac rehabilitation program. This is a place where you can exercise under supervision and learn how to manage your activity as you continue with your recovery. Research has shown that these programs can help people with heart disease feel their best, both physically and emotionally. The list below contains information on programs that may be convenient for you. Programs in **bold** are part of the Beth Israel Lahey Health system and affiliates.

BOSTON & CAMBRIDGE		CENTRAL REGION	
<b>Mount Auburn Hospital-Cambridge</b>	<b>617-497-2400</b> ♥ ▪	Harrington Hospital-Southbridge	508-765-2295 ♥ ▪
Boston Medical Center-Boston	617-638-8720 ♥ ▪	Milford Regional Medical Center-Milford	508-422-2464 ♥ ▪
Faulkner Hospital-Boston	617-983-7105 ♥ ▪	UMass Memorial Marlborough Hospital-Marlborough	508-486-5465 ♥ ▪
Massachusetts General Hospital-Boston	617-726-1843 ♥ ▪		
GREATER BOSTON REGION		SOUTHEAST REGION	
<b>Winchester Hospital, Family Medical Center-Wilmington</b>	978-988-6131 ♥ ▪	<b>Beth Israel Deaconess Hospital-Plymouth</b>	<b>508-830-2650</b> ♥
MetroWest Medical Center-Framingham	508-383-1679 ♥	<b>Signature Healthcare Brockton Hospital-Brockton</b>	508-941-7558 ♥ ▪
Newton-Wellesley Hospital-Newton	617-831-7100 ♥	Brigham and Women's-Foxborough	508-718-4661 ♥ ▪
NORTHEAST REGION		Southcoast Cardiac Rehab Fall River; Tobey Hospital-Wareham; St. Luke's Hospital-New Bedford	508-973-5435 ♥ ▪
<b>Anna Jacques Hospital-Newburyport</b>	<b>978-463-1388</b> ♥ ▪	South Shore Hospital-South Weymouth	781-624-8824 ♥ ▪
<b>Beverly Hospital, Lahey Outpatient Center, Danvers</b>	<b>978-304-8444</b> ♥	Sturdy Memorial Hospital-Attleboro	508-236-7390 ♥ ▪
Emerson Hospital-Concord	978-287-3732 ♥ ▪	CAPE COD	
Holy Family Hospital-Methuen	978-687-0151 x 2385 ♥	Cape Cod Hospital-Hyannis	508-957-7300 ♥ ▪
Nashoba Valley Medical Center-Ayer	978-784-9543 ♥ ▪	Falmouth Hospital-Falmouth	508-495-7676 ♥
WEST REGION		Martha's Vineyard Hospital-Oak Bluffs	508-957-9524 ♥
Baystate Franklin Medical Center-Greenfield	413-773-0211 ♥		
Baystate Medical Center-Springfield	413-794-7024 ♥ ▪		
Berkshire Medical Center-Pittsfield	413-447-3093 ♥ ▪		
Cooley Dickinson Hospital-Northampton	413-582-2404 ♥ ▪		
Fairview Hospital-Fairview	413-854-9736 ♥ ▪		
Holyoke Hospital-Holyoke	413-534-2555 ♥		

- ♥ Accepts patients with heart failure
- Accepts patients with a LVAD

Consult with your cardiologist to obtain a referral. Insurance coverage varies.

For the latest information on programs in your area visit the Massachusetts Association of Cardiovascular and Pulmonary Rehabilitation at [www.macvpr.org](http://www.macvpr.org), or call the American Heart Association at 800-242-8721.

