

Why Refer Patients to Our Program

- Safe, supervised exercise environment
- Experienced cardiac rehabilitation staff
- Individualized patient care
- Evidence-based cardiac rehabilitation
- Patient education and lifestyle support

We work closely with referring providers to support patient recovery and long-term cardiovascular

Referrals & Program Information

To refer a patient or learn more about our programs:

Phone: 218-643-0362

Fax: 218-643-0872

Cardiac Rehab
2400 St. Francis Dr.
(inside of Wellness Center)

Program Coordinator:
Yunjae Jeon-Cooper,
Cardiac Rehab Lead.

CHI St. Francis Health
2400 St. Francis Dr.
Breckenridge, MN 56520



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Safe • Supervised • Individualized Care

Cardiac Rehabilitation Programs

Supporting patients through recovery, rehabilitation, and long-term heart health.





Evidence-based cardiac rehabilitation programs designed to support safe recovery and improve cardiovascular outcomes.

Programs Offered

- Cardiac Rehabilitation – Phase II
- Cardiac Rehabilitation – Phase III (Maintenance Program)
- Balance Class & Strengthening Class
- All About Balance
- Heart Health Movers

Cardiac Rehabilitation – Phase II

Supervised Outpatient Cardiac Recovery

Designed for patients recovering from cardiac events or procedures.

Program Includes:

- Individualized exercise prescription
- Continuous or intermittent cardiac monitoring
- Blood pressure and symptom monitoring
- Supervised exercise sessions
- Heart-healthy lifestyle education
- Risk factor modification

(Physician referral required)

Who Should Be Referred

Patients may benefit from cardiac rehabilitation after:

- Myocardial infarction (heart attack)
- Coronary artery bypass graft (CABG) surgery
- Percutaneous coronary intervention (PCI / stent)
- Heart valve repair or replacement
- Stable angina
- Heart failure (qualifying patients)

Cardiac Rehabilitation – Phase III

Cardiac Maintenance Program

For patients who have completed Phase II and wish to continue structured exercise and heart-healthy lifestyle support.

Program Includes:

- Supervised exercise sessions
- Heart rate and blood pressure monitoring
- Exercise progression guidance

- Ongoing heart health education

This program supports continued cardiovascular fitness and long-term wellness.

All About Balance Class

Every Thursday at 1 p.m.

Balance Training & Fall Prevention

Designed to improve stability, coordination, and lower-body strength.

Class includes:

- Balance and stability training
- Lower body strengthening
- Core strengthening
- Functional movement exercises
- Fall prevention strategies

Heart Health Movers Class

Every Tuesday at 1 p.m.

Standing Cardiac Wellness Exercise Class

A standing exercise class designed to improve cardiovascular fitness, strength, and mobility

Class includes:

- Low-impact standing exercises
- Cardiovascular conditioning
- Strength and endurance training
- Flexibility and mobility

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