



Hearts & Souls  
WORKING IN BUCKINGHAMSHIRE FOR CARDIAC REHABILITATION

Relaxation will help  
your recovery...

A special CD to  
help cardiac patients

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relax and recover



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this special CD

## About this CD

This CD has been produced by *Hearts & Souls*, the charity that supports the Active Hearts Cardiac Rehabilitation Programme in Buckinghamshire. It costs £5.00 to produce so we are providing it in return for a donation that covers our expenses.

Please allow around half an hour to listen to the CD. Ask not to be disturbed. Simply lie down, make yourself comfortable, listen and relax.

If there are any problems, or if you would like to discuss the CD, then please speak to one of the rehabilitation team or call them on 01494 734291.

## Please help us to help other patients

The NHS does not fully fund the crucial exercise element of the cardiac rehabilitation programme in Buckinghamshire. The exercise sessions, the step counters, the specialist instructors, their uniforms and training depend on charitable donations. All this costs more than £25,000 a year.

*Hearts & Souls* is the Buckinghamshire charity dedicated to raising this money. There is no better way to thank the rehabilitation team for their great work than by supporting us. And, of course, this will help other patients in the future. To find out more, please pick up a leaflet in Ward 4A or visit [www.heartsandsouls.org.uk](http://www.heartsandsouls.org.uk)



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