

MY FITNESS GOAL FOR 2018



Changing lives. One heart a time.

Cardiac Rehab Week 2018

NOW THAT I HAVE A HEALTHY



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I SURVIVED OPEN
 SURGERY

#HEALTHYHEART



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YOU CAN'T BEAT
A STRONG 

#HEALTHYHEART



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IN 2018, MY 
AND I WILL



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MY FAVORITE FOOD
FOR A HEALTHY 



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