



Cardiac Wellness Program

OVERVIEW / COURSE DESCRIPTION

Whole-Hearted Cardiac Wellness is an 6-week program that will help you develop healthy skills to manage stress that often accompanies cardiac illness. This program is specifically targeted at promoting emotional and mental wellness during cardiac disease recovery.

During the 6 weeks, we will explore:

- ♥ Explore how stress manifests physically, emotionally and mentally
- ♥ Recognize the role of stress – healthy vs unhealthy
- ♥ Understand our body's signals and how to listen to what we need
- ♥ Learn how to befriend our body – moving from blame and criticism into compassion and acceptance
- ♥ Discover how to feel emotions and bring awareness to the ways we resist how we are feeling
- ♥ Learn how to bring curiosity to our thoughts, especially worry and anxiety, to unhook from their tight grip
- ♥ Identify and practice healthy coping skills to care for ourselves on a regular basis.

* *This 6-week experience will use a combination of mindfulness, meditation, self-compassion practices, reflection/journaling, and discussion.*

FOR ADDITIONAL INFORMATION: <https://amandavotto.com/whole-hearted-cardiac-wellness/>

How to Register

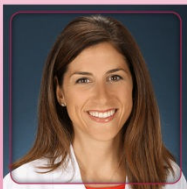
Class is 90 minutes and meets for 6 consecutive weeks via zoom. Classes are confidential and will have a private access page where you receive course materials, meditations, and weekly class recordings.

UPCOMING CLASS DATES: March 13th through April 17th, 2023 (Every Monday; 12pm-1pm EST)

FEE: \$200 for 6-week course (sliding scale available as needed)

EMAIL: Amanda Votto (amanda@amandavotto.com) for payment arrangements or questions

REGISTER: <https://paypal.me/amandavotto/200>



Your Whole-Hearted Cardiac Wellness Guide

Amanda Votto, PA-C, MBSR, MSC Teacher, Mindfulness Instructor, Coach & Speaker

Amanda is a practicing physician assistant with over 18 years of clinical experience, specializing in cardiology. She is trained in mindfulness through University of Massachusetts Medical School as well as Mindful Self-Compassion (trained by the Center for Mindful Self-Compassion in San Diego, CA).