

## Cardiac Rehabilitation and Wellness

Your Cardiac Rehabilitation/Wellness appointment is scheduled for:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**\*\*PLEASE BRING ALL PAPERWORK RECEIVED COMPLETED  
ALONG WITH CURRENT MEDICATION LIST. \*\***

Your first day will consist of an interview, orientation, and exercise. Please dress appropriately.

The Chattanooga Lifestyle Center is located downtown Chattanooga, off of 4<sup>th</sup> and Market Street. Limited parking for our building is located at **308 Broad Street**, for navigation directions. The building is marked STEAM, Chattanooga Allergy Clinic and Erlanger Express Care. Enter to the right of the parking lot and take the elevator to the 3<sup>rd</sup> floor. The gym is at the end of the hallway on the left.

If you cannot find parking in this lot, additional parking is available at a garage on **325 Market Street** marked **PARK AND PAY**. **Please bring your car tag number and we will validate parking your rehabilitation appointment.** The building entrance is across the street through glass doors beside Erlanger Express Care. For additional parking information, call the gym at (423) 778-9427.

Please call our office at **(423) 778-9400 ASAP** if you are unable to keep your appointment. We look forward to seeing you!