

# The Ornish Reversal Program heals hearts and transforms lives.

Dr. Ornish's Program for Reversing Heart Disease™ is the first program scientifically proven to reverse ("undo") heart disease through significant lifestyle changes.



Patricia,  
Arizona

BMI dropped 2 points  
LDL cholesterol: from 135  
to 90 mg/dL  
Blood pressure: from  
150/80 to 130/75 mm Hg



"I can now watch my grandson play  
in his first basketball game."

- Leona, Virginia



Samuel, Washington

*Are you ready to transform your life?  
Take the first step today for a healthier tomorrow.*

Beebe Healthcare  
CALL: 302-645-3300 Ext. 5558  
EMAIL: [pcoleman@beebehealthcare.org](mailto:pcoleman@beebehealthcare.org)  
VISIT: [www.BeebeHealthcare.org/Ornish](http://www.BeebeHealthcare.org/Ornish)

Depending on your medical history, you may be covered through Medicare, Highmark or other insurance plans.

For more information, visit [www.Ornish.com/undo-it](http://www.Ornish.com/undo-it) or contact an Ornish Care Specialist at 1-877-888-3091.



ornish  
reversal program



## Let's Undo It Together!

### Four Key Elements

The Ornish Reversal Program is a 9-week, outpatient program scientifically proven to stop and even reverse heart disease through optimizing four areas of your life: nutrition, stress management, fitness and social support.



### Structured for Success

Intensive Cardiac Rehabilitation program works by focusing on 4 important elements of your life, during 4-hour sessions spanning 3 months. Each session lasts 4 hours, for a total of 72 hours.

$$\begin{array}{ccccccc}
 18 & \times & 4 & = & 72 \\
 \text{total sessions} & & \text{hours per session} & & \text{hours to a new life}
 \end{array}$$

### Highly Trained Experts

Participants experience the program with a small consistent group, who all have the common goal of reversing their heart disease and improving their well-being. A dedicated, multi-disciplinary healthcare team guides participants every step of the way.

#### Certified Delivery Team

- Registered Dietitian
- Stress Management Specialist
- Exercise Physiologist
- Program Medical Director
- Nurse Case Manager
- Group Support Facilitator



*This program has been proven to undo heart disease by dealing with the root causes and not just its effects. The combined effect of all four lifestyle elements makes the transformative difference.*

*The choices we make in our lives have a powerful effect on our health. It's never been a better time to make those choices count.*