

# Extraordinary People

... personalized care

*"I was kind of scared to start doing things after my bypass surgery. Susan and the rehab program helped me feel so much better. I am glad I came."  
— A grateful patient*

*Susan has coordinated YVMC's Cardiac Rehab program for 12 years, providing exercise training, education and support for recovery following a heart attack or cardiac surgery.*

*"I love having the opportunity to teach patients how to safely recover and get stronger following a cardiac event. Being able to provide a supportive environment and information that results in healthier behaviors is so satisfying. And it's the ultimate compliment when patients tell me they had fun in rehab!"*

**Susan Cowan, MN, RN**  
Cardiac Rehab Coordinator

[www.yvmc.org/people](http://www.yvmc.org/people)

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MEDICAL CENTER