

## Coastal Cardiology Association

February 24, 1984

Spohn Towers - Suite 407  
613 Elizabeth Street  
Corpus Christi, Texas 78404  
(512) 887-2900  
**Ray Graf, M.D.**

Hector P. Garcia, M. D.  
1315 Bright  
Corpus Christi, Texas 78405

Dear Doctor Garcia:

Several months ago several of my colleagues and I set in motion plans to develop a cardiac fitness center. As you know, cardiovascular disease and its sequela account for between 600,000 and one million deaths per year in the United States.

We set about to develop a center that would take the individual who has sustained a cardiovascular event or one who had marked risk factors and develop a degree of cardiac fitness together with patient education and behavior modification in an attempt to decrease the profound effects of a sudden cardiac event. Our longrange plans would be to involve these patients in a less intense, less supervised program, such as the local YMCA, Jewish Community Council or many of the athletic clubs, once an individual has been assessed of their risk factors and participated in a well supervised exercise program.

With your help, I would like to enlist the aid of our state representatives to declare a Cardiac Fitness Awareness Day in Corpus Christi. I would like to extend a personal invitation to you and our state representatives to see our facility, meet with our personnel and gain your approval.

Again, and as always, thank you for your continued support.

Respectfully,



Ray Graf, M. D.

RG/jr