

Cardiac Rehabilitation helps you:

- Feel stronger
- Gain confidence
- Recover faster
- Have support
- Adopt a healthy lifestyle
- Prevent future problems

The Healthy Heart Program is **FREE** and you can bring a support person with you.

FOR APPOINTMENT CALL
CARDIAC EDUCATOR
PH: 8952 8000
OR
MAKE APPOINTMENT WITH
CARDIAC EDUCATOR AT C.A.A.C
1800 142 900



CARDIAC REHABILITATION

HEALTHY HEART PROGRAM

PHONE: 08 8952 8000

EXERCISE AND INFORMATION SESSIONS



Your partner in heart & diabetes health

Who should attend?

If you have been in hospital with a heart event or have the following conditions it is recommended you attend cardiac rehabilitation:

- Heart attack
- Heart surgery or procedures such as angioplasty/stent or bypass surgery
- Pacemaker or implanted defibrillator
- Angina or coronary artery disease
- Heart failure

Your doctor may also refer you if you are at high risk of developing a heart problem.

What does it involve?

- Individual appointment with heart nurse
- 6 group sessions over 6 weeks
- Supervised exercise with a physiotherapist in gym
- Information sessions covering heart health topics
- Ongoing support and referrals if needed



How do I start cardiac rehabilitation?

- Make an appointment within 1-2 weeks of leaving hospital
- Call 08 8952 8000 to make appointment
- Appointments also available at C.A.A.C - 1800 142 900
- Bring your list of medicines with you to appointment

