

Cardiac Rehabilitation

Healthy Heart Program

Cardiac Rehabilitation

education and physical activity for people with heart conditions. Three phases— inpatient program, the outpatient program called the **Healthy Heart Program** and a maintenance program.



Healthy Heart outpatient program is a **free** 4 week program at Healthy Living NT, Tiwi shops or Palmerston Health Precinct. Anyone referred can attend.

If you have suffered a heart attack, recovering from heart surgery, angina, had angioplasty, heart failure, coronary artery disease or other cardiac condition this is for you!

Healthy Heart Program Session times

Darwin Shop 1 and 2 Tiwi office
9 -11am Thursdays

Palmerston Health Precinct - Multipurpose room
1:30 - 3:30 pm Fridays



Life. Be in it.™

For an appointment call 08 8927 8488
hearhelp@healthylivingnt.org.au
www.healthylivingnt.org.au

*Your partner in heart
& diabetes health*