

Healthy Heart Program

Cardiac Rehabilitation



Have you been diagnosed with a Heart condition?

Our Healthy Heart Program is a FREE service for anyone who has recently been in hospital due to a heart-related condition. Take charge of your health with our 4-week program run by Cardiac Rehab Nurses.

Why should I attend?

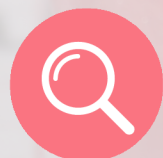
- ✓ Proven to accelerate recovery, keep you healthy & out of hospital
- ✓ Support, education and exercise to help strengthen your heart
- ✓ Enhances mental health and quality of life. Heart health doesn't exist in isolation-we actively encourage family members to attend
- ✓ Proven to lower chances of another heart event
- ✓ Helps you return to your usual activities with confidence

What you will gain



Learn

about your heart condition and when to seek help.



Identify

and reduce your personal risk factors



How

to eat heart healthy with guidance from our dietitian



Understand

why your medications are essential



Manage

stress and the emotional challenges of recovery



Connect

with others on a similar health journey

Contact us

🌐 hearthelp@healthylivingnt.org.au

☎ 08 8927 8488

✉ healthylivingnt.org.au

healthylivingNT

Healthy Heart Program

Cardiac Rehabilitation



What is the Healthy Heart Program?

The Healthy Heart Program is a **4-week program** with weekly sessions (1 hour exercise, 1 hour education).

The program includes a session led by our Dietitian, focusing on heart-healthy eating.

Before starting, you'll complete a **1:1 pre-assessment** with our Cardiac Nurse Educator to better understand your heart journey so far.

While this is a group program, the exercise and education will be **tailored to your individual needs.**

How can I access this service?



Speak with a nurse in hospital
or HLNT Cardiac Nurse



Contact HLNT via
phone or email



Ask your
doctor

Anyone with a heart condition can call and make an appointment.

Sessions	Darwin	Palmerston
Venue	Healthy Living NT 1 Tiwi Place, Tiwi 0810	Palmerston GP Super Clinic 3 Gurd St, Farrar NT 0830 (Multipurpose room)
Day/Time	Tuesdays, 9:00am- 11:00am	Thursdays, 9:00am- 11:00am

Contact us

 hearthelp@healthylivingnt.org.au

 08 8927 8488

 healthylivingnt.org.au

healthylivingNT