

Cardiac Rehabilitation Healthy Heart Program



What is Cardiac Rehabilitation?

Cardiac Rehabilitation is a **FREE** education and physical activity program to get people with heart conditions back into the community and returning to their usual activities safely and confidently. It is proven to help you live longer and reduce the need to be readmitted to hospital.

You will benefit from cardiac rehabilitation if you:

- had a heart attack
- are recovering from heart surgery
- have angina
- have had angioplasty and/or stent
- have heart failure
- have coronary artery disease
- have another heart condition

How Will I Benefit?

Attending our Cardiac Rehabilitation Program will help you:

- recover faster
- improve your fitness and mobility
- increase your confidence and sense of well being
- reduce stress
- return to your usual activities



Life. Be in it.™



healthylivingNT

Your *partner* in
health and wellbeing

What is in the Healthy Heart Program?

The outpatient program is conducted by qualified Cardiac Nurse Educators, Dietitians and an Exercise Physiologist. It is a 4-week program with weekly sessions (1 hour exercise and 1 hour education).

While this is a group program the exercise and education will be tailored to your individual needs. We also encourage that you bring a support person with you.

Booking an appointment

The great thing is it does not cost you a cent. That is right! It is FREE! Healthy Living NT is a community organisation and we offer most of our services for free.

To secure your place in the outpatient program, you can:

- Speak with a HLNT cardiac educator or your nurse in hospital
- Contact HLNT via phone or email
- Get your doctor to refer you to the Cardiac Rehabilitation Program

Healthy Heart Program Session times

	Darwin	Palmerston
Venue	Shop 1-3 Tiwi Place	Palmerston Health Precinct (Multipurpose Room)
Day	Tuesdays	Thursdays
Time	9.00am – 11.00am	9.00am – 11.00am

**For an appointment
or enquiries call
08 8927 8488**

**www.healthylivingnt.org.au
hearhelp@healthylivingnt.org.au**