

Virtual Education Classes

Eating for a Healthy Heart

Healthy foods can lower your chance of heart disease. Learn from a dietitian about different ways to:

- improve your cholesterol levels
- lower your blood pressure
- manage your weight
- control your blood sugar

Exercise and Active Living

Learn from an exercise specialist about how exercise can help your health, your well-being, and how heart muscle recovers.

Understanding Your Heart

Learn from a nurse about the heart, heart conditions, and different tests, such as electrocardiograms and exercise treadmill tests.

Knowing Your Medications

Learn from a pharmacist about how medicines can affect how you recover, prevent heart events, and lower your chances of having another heart event.

Emotional Health and Stress

How you manage your emotions and stress can affect your heart and health. Learn from a social worker about healthy ways to cope.

For more information

To learn more about cardiac rehabilitation:



Scan this QR code, or

Visit fraserhealth.ca/cardiarehab.

To ask questions, contact us:

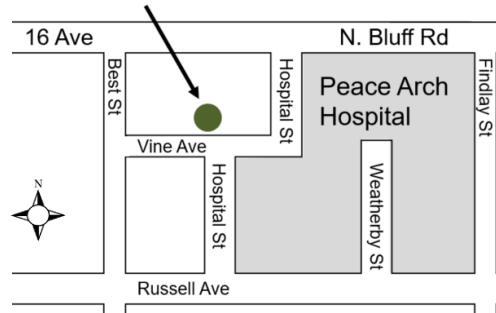
Phone: 604-541-7162, option 3

Email: pahcardiacrehab2@fraserhealth.ca

Fax: 604-538-9809

iConnect Health Centre

Cardiac Rehabilitation Clinic at Peace Arch Hospital
15455 Vine Avenue, White Rock, BC



Parking

Pay parking is available off Vine Avenue at Peace Arch Hospital Berkley Pavilion lot or Impark lot. Parking at meters available along Hospital Street and Vine Avenue.

Please leave “Emergency Parking Only” spaces on the street for others.

Transit Options

Visit translink.ca.

604-953-3333

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc@fraserhealth.ca

Cardiac Rehabilitation and Prevention Program

Peace Arch Hospital
iConnect Health Centre



 **fraserhealth** Better health.
Best in health care.

What is the program about?

The program includes education classes, exercise classes, and counseling.

Cardiac rehabilitation has many benefits, such as:

- improving heart risk factors
- improving fitness in a safe and supervised setting
- supporting any emotional concerns that might exist after a heart event

Who is the program for?

This program is for you if you had any of the following: heart attack, heart surgery, angioplasty, stent, or pacemaker.

To be successful in the program, attend all education classes. If you are not able to attend all education classes, watch the topics online.



Scan this QR code, or

Visit fraserhealth.ca/cardiacrehab

Scroll down to find

Cardiac rehab education videos.

Videos are available in

English or Punjabi.

What can I expect?

Your journey in the program follows this path.

1. **Ask your doctor or nurse practitioner to refer you to the program.** Then, we call you with instructions.
2. **Take part in virtual education classes.** Learn about heart health and ask your questions. The first class is 'Welcome to Cardiac Rehab'. See the education calendar for dates and times.

All education classes are virtual. Join our classes from your home. You can see, hear, and talk to us and other learners.

You need to connect to the internet through cable, Wi-Fi, satellite, or cellular data. Help is available if you need help to get started.

3. **Meet with some members of your heart health team:** heart (cardiac) nurse, exercise specialist, and doctor. The meeting can include tests, such as an exercise treadmill test. The meeting and test help us make an exercise plan that is best for you.

Other members of your team include a dietitian and pharmacist.

4. **Begin your exercise program.** An exercise specialist leads classes and a registered nurse offers extra help.

Take part in this 4-month program in 1 of 3 ways.

Virtual classes: Join us from your home.

Learn to measure and report your blood sugar, rating of perceived exertion, and vital signs such as heart rate and blood pressure.

In-person classes: Join us in the Cardiac Rehabilitation Clinic Gym. We use medical equipment in these classes. We can monitor your heart rhythm with telemetry if needed. We can measure your vital signs such as heart rate, blood pressure, blood sugar, and rating of perceived exertion.

On your own: Choose where and when you exercise. Talk with your exercise specialist on the phone to plan exercises that are right for you.

5. **Graduate!**
6. **Use everything you learn about heart health and exercise throughout your life.** Exercise on your own or join clubs or programs in your community to exercise with others.