

How does 'cardiac rehab' benefit you?

- ✓ Increases fitness, endurance, and energy
- ✓ Reduces symptoms of angina and shortness of breath
- ✓ Controls weight, lowers cholesterol, and lowers blood pressure
- ✓ Manages diabetes (if you have it)
- ✓ Reduces any stress, anxiety, or depression
- ✓ Slows the progress of heart disease
- ✓ Reduces the chances of having another heart event

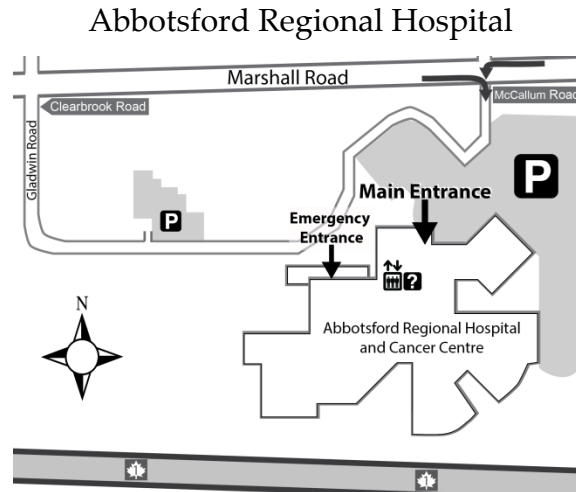


Abbotsford Regional Hospital and Cancer Centre

Cardiac Rehabilitation

Education

Phone: 604-854-2161



Exercise

Phone: 604-851-4700 Extension 640422

Abbotsford Recreation Centre



www.fraserhealth.ca

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

Catalogue #264320 (April 2019)
To order: patienteduc.fraserhealth.ca

Cardiac Rehabilitation and Prevention Program

Abbotsford Regional Hospital
and Cancer Centre



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

Self-management Support and Education Program

This 5 week program is for people who either:

- have had a heart attack, heart surgery (both bypass and valve surgery), and/or angioplasty, or
- are at high risk for developing heart disease

Education Topics

- Risk factors for heart disease
- Heart-healthy nutrition
- Heart medications
- Emotional health
- Exercise after a heart event

When

First visit only

Mondays 9:00AM to 11:00AM

Second and all other visits

Mondays 1:00PM to 2:30PM

Where

Abbotsford Regional Hospital
1st floor, Learning Centre (enter through the Main Entrance)

Who

Education and support is provided by a heart specialist (cardiologist), heart nurse, exercise specialist, nurse practitioner, pharmacist, dietitian, and social worker.

The Exercise Program

This program helps you begin or restart an exercise program after you have had a heart attack, heart surgery, and/or angioplasty. It is also for those who are at risk for a heart event.

We offer 3 different programs.

- Home-Based
- Community-Based
- Hospital-Based

We decide which program is best for you at your first visit.



Home-Based Cardiac Rehabilitation

We offer home-based programs for people who are not able to come to our exercise classes. We help you make a plan.

Where

Via the internet or by phone

When

Anytime

Community-Based Exercise

This program is 12 weeks with 90 minute sessions, 2 times a week.

When

Mondays and Wednesdays

2:00PM to 3:30PM

Tuesdays and Thursdays

7:45AM to 9:15AM

9:45AM to 11:15AM

Where

Abbotsford Recreation Centre
2499 McMillan Road

Hospital-Based Exercise

This program is 12 weeks with 60 minute sessions, 2 times a week.

When

Mondays and Wednesdays

8:30AM to 9:30AM

10:00 AM to 11:00AM

Tuesdays and Thursdays

1:15PM to 2:15PM

2:45PM to 3:45PM

Where

Abbotsford Regional Hospital
2nd floor Sumas, Cardiac Clinic