

Deep Breathing and Relaxation Classes

Please call to register for these classes.

604-582-4550, extension 763859

Where

Jim Pattison Outpatient Care and Surgery Centre, 1st Floor, Room 1223

When

Wednesdays 1:00 – 2:00PM (4 classes)

Cardiac Rehabilitation Education Program - Punjabi

All education sessions and teaching materials are in Punjabi. All health professionals in the program speak Punjabi. Content is similar to the English program.

Throughout the program, we address specific dietary, cultural challenges, and unique stresses experienced by South Asians living with heart disease.

Where

Jim Pattison Outpatient Care and Surgery Centre
Ground floor Education Room 136/137

Schedule at a glance

Mondays

First visit only	4:30 to 5:30PM
Meet a health professional	5:30 to 6:30PM
Education session	6:30 to 7:30PM

For more information

If you would like more information about our program, please call us.

604-582-4550 Extension 763859



Jim Pattison

Outpatient Care and Surgery Centre
9750 140th Street, Surrey, BC

Parking

Pay parking is available on site. Enter off Green Timbers Way or 140th Street.

Please note: Parking machines accept credit cards, and cash.

Transit Options

www.translink.ca / 604-953-3333

www.fraserhealth.ca

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

Catalogue #256592 (May 2017)
To order: <https://patienteduc.fraserhealth.ca>

Cardiac Rehabilitation and Prevention Program

Jim Pattison
Outpatient Care and Surgery Centre



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

Who is this program for?

This program is for you if:

- You have had a heart attack, heart surgery, angioplasty, stent, or pacemaker.
- You have been told by your doctor that there is a good chance you could have a heart attack.

Benefits of Cardiac Rehabilitation

- ✓ Improves heart risk factors
- ✓ Improves fitness in a safe and supervised setting
- ✓ Supports any emotional concerns that might exist after a heart event



The Cardiac Rehabilitation Team

We are here to help you answer your questions. Our team includes a heart specialist (cardiologist), heart nurse, exercise specialist, dietitian, mental health therapist, occupational therapist, physiotherapist, pharmacist, social worker, and volunteers.

Cardiac Rehabilitation Education Program

You do not need an appointment, doctor's note, or referral to attend. You can bring family members.

Introductory (First) Visit

Jim Pattison Outpatient Care and Surgery Centre
1st Floor, Reception 1C

When

Tuesdays 9:00 to 11:00AM

Session Topics

Understanding Your Risk factors
Heart healthy goals

Second and All Other Visits

Jim Pattison Outpatient Care and Surgery Centre
Ground floor Education Room 136/137

When*

Wednesdays 2:00 to 4:00PM
For 6 weeks

Session Topics

Risk factors
Heart tests
Heart healthy nutrition
Medications
Stress management
Sexuality
Exercise after a heart event
Cardiac event and the family

*For those who are not able to commit to attending the 6 classes, you can view topics online.

fraserhealth.ca/cardiaceducation

Scan QR Code on tablet or smartphone



Low Risk Exercise Program

Program Length

90 minute classes are 2 times per week
12 weeks (or as needed)

Where

Guildford Recreation Centre
15101 – 105th Avenue, Surrey BC

Newton Recreation Centre
13730 – 72 Avenue, Surrey BC

Willowbrook Recreation Centre
20338 – 65 Avenue, Langley BC

Cost

Approximately \$85 per month

Intermediate to High Risk Exercise Program

You need a doctor's note (or referral).
We will call you for your first visit after we receive the referral from your doctor.

Where

Jim Pattison Outpatient Care and Surgery Centre
1st Floor, Gym – Reception 1 C

When

Classes held Monday to Saturday at varied times throughout the day.

Call the clinic for details:

604-582-4550, extension 763859