

Life Skills Classes

- Coping with stress
- Attitudes, beliefs, negative thinking
- Healing effects of humour
- Relationships and intimacy
- Emotions and support systems

Discussion is led by an Occupational Therapist.

Does the program cost anything?

There is a cost to attend this medically monitored program.

The Richmond Cardiac Rehabilitation team will be glad to introduce you to the program. Please phone us for a personal appointment.

What comes after the Healthy Heart Program?

Once you have finished the Healthy Heart Program, your next step is to keep exercising. There is the Heart Wellness Community Exercise Program available through the Richmond Fitness Association. Also, other community centre programs may meet your needs.

We are happy to refer you any of the community programs.

Cardiac Rehabilitation Healthy Heart Richmond

A program designed to enhance your heart health.

Garratt Wellness Centre
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Who is this program for?

This program is designed for people who have had:

- **A heart attack**
- **An angiogram/angioplasty**
- **Bypass surgery**
- **Valve problems**

You will also benefit from this program if you have a high risk of developing heart problems.

The team members are:

- Cardiologist
- Occupational Therapist
- Pharmacist
- Physiotherapist
- Psychiatrist
- Registered Dietitian
- Registered Nurse
- Social Worker

What will this program do for me?

We will help you to identify the risk factors related to heart problems. You will learn how to lead a heart healthy life by reducing risk factors.

What should I expect?

The Healthy Heart Program is divided into three parts:

- Supervised Exercise Class
2 morning sessions per week
- Nutrition Class
1 morning session per week
- Life Skills Class
1 morning session per week

Life Skills and Nutrition classes are offered alternately on the same mornings you attend the exercise classes.

Exercise Classes

- Sixteen supervised and monitored exercise sessions.
- Each session is about 75 minutes.
- Exercise sessions include a warm-up, cool-down and relaxation period.



- Your choice of exercise equipment including stationary bikes, rowing machines and treadmills.
- Weight training is available.
- Exercises can be modified to your individual needs.
- Heart rhythm, heart rate, and blood pressure are monitored.

A Registered Nurse and Physiotherapist are always in attendance while you exercise.

Nutrition Classes

Discover easy and practical ways to eat a balanced diet to help:

- Lower cholesterol.
- Lower blood pressure.
- Achieve and maintain a healthy body weight.



Classes are lead by a registered Dietitian.