

Cardiac Rehabilitation Program

For Patients and Families Living with Heart Disease

This program is where people learn how to live heart healthy lifestyles which is an important part of recovery after a heart event. A heart event may include a heart attack, angina, angioplasty, heart surgery, heart failure, or different kinds of heart rhythm problems.

Importance of Attending

It is important because heart disease is a chronic condition, which is something that cannot be cured. However, there is good news because heart disease can be treated and managed. Cardiac rehabilitation programs help you learn ways to manage your condition.

Benefits

- improves your heart health and quality of life
- helps reduce risk factors linked to heart disease
- reduces your chance of having another heart event
- receive support for coping with your chronic condition.

Who Can Attend

Anyone with risk factors for heart disease or a diagnosed heart disease can attend the **free** education classes. A family member is welcome to join you.

Topics include:

- how heart disease develops and how it is treated
- how to reduce personal risk factors for heart disease
- diet and nutrition
- stress management
- medications
- benefits of exercise
- how to live well with a chronic condition.

**To register for Education classes call:
RQHR Cardiac Rehabilitation
Coordinator at (306) 766-3843.**

More Information

A video on the RQHR Cardiac Rehabilitation Program helps you understand what it has to offer.

- Go to www.youtube.com/user/rqhr
- In the search box type “Cardiac Rehabilitation - Your Road to Recovery”



Exercise

- Medically supervised exercise classes are available at the Dr. Paul Schwann Centre, University of Regina.
- Exercise therapists create an exercise program just for you
- Your cardiologist or family doctor must refer you.

For information on programs and fees call the Dr. Paul Schwann Centre at (306) 585-4004.

Testimonials of People Who Have Attended

“I learned so much and feel more empowered to take control of my health”

“The classes were comprehensive and interesting.”

“It was an opportunity to meet others living with heart events.”

“The class took the fear out of living for us.”

“The speakers spoke at our level so we could understand.”

“It really encourages people to change their lifestyle and live healthier.”

“Cardiac Rehab - it is good for what ails you!”

Additional Information

- Cardiac Rehabilitation Programs available in Saskatchewan: (306) 766-3843
- Heart and Stroke Foundation: www.heartandstroke.ca or call 1-888-473-4636
- Be **Smoke Free**: www.smokershelpline.ca or call Smoker’s Help Line: 1-877-513-5333

For 24 hour professional health advice and information, call

