



# cardiac rehabilitation program

INFORMATION CARD



## Have you recently experienced a cardiac event?

(heart attack, bypass surgery,  
angioplasty)

If yes, then the Cardiac  
Rehabilitation Program  
can help.



## Did you know?

Lifestyle changes can slow and  
even stop the heart disease  
process resulting in health  
improvements.

OUR MISSION:  
Achieving  
Excellence in  
Primary Health  
Care through  
Team-Based  
Practice



# cardiac rehabilitation program

Local  
physicians  
and other  
health care  
professionals  
working  
together for  
your  
health

## ***What can the Cardiac Rehabilitation Program offer you?***

- You can participate in a five week group exercise and education program led by a PCN health care professional.
- You have access to other health care professionals who work together with your physician.
- You will learn how to incorporate exercise into a healthy lifestyle.
- You will receive a call 3 months after completing the program for a follow up visit.

## ***Who are the PCN health care professionals?***

You may see any of the 10 different health care professionals including a pharmacist, nurse practitioner, occupational therapist, dietitian or mental health coordinator.

## ***How do you get access to the Program?***

You have to be referred by a family physician.

## ***What can you expect after being referred?***

- You will receive a phone call to set up an appointment time.
- You will attend a group workshop called Heart Smart.
- You will be seen by a health care professional for a medical assessment and referred for a stress test as appropriate.
- You will be seen by an exercise specialist and begin the five week program.
- Your care will be individualized, monitored and reported back to your family physician.

## ***What workshops are offered in this Program?***

The workshops are group oriented and may include:

- Prescription Drugs and Your Heart
- Transition Back to Work
- Smoking Cessation
- Living an Active Healthy Life
- Stress Management
- Heart Smart Shopping
- Depression and Stages of Grieving

***For more information contact:***

Ph: 780.788.1765 Fax: 780.788.1764

Email: [info@wbpcn.ca](mailto:info@wbpcn.ca)

[www.wbpcn.ca](http://www.wbpcn.ca)

