

## THE TEAM

You will benefit from the specialized skills of our team, including:

- » Cardiologists
- » Nurses
- » Physiotherapists
- » Kinesiologists
- » Dietitian
- » Social Worker
- » Physiotherapy Assistants
- » Exercise Supervisors
- » Volunteers

## EXERCISE CLASSES

We offer regular, supervised day and evening exercise classes in our Outpatient Rehabilitation department. Pool classes are also available in Oakville.



## WORKSHOPS

Our scheduled workshops are designed for you, your spouse and your family. Topics include: how the heart works, common treatments (tests, procedures and medications), heart healthy diet, stress management and exercise fundamentals.

## CONTACT

### MILTON

Monday / Wednesday

7030 Derry Road  
Milton, ON L9T 7H6

### OAKVILLE

Tuesday / Thursday

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# CARDIAC REHABILITATION

Building Stronger Hearts



## CARDIAC REHABILITATION

An individualized, six month program to help people recover from heart attacks, heart surgery and other procedures like angioplasty or stent insertion. The goal is to improve heart health and reduce the risk of future heart problems. Our focus is on goal setting and lifestyle changes.

## HOW IT WORKS

Cardiac rehabilitation treats the whole patient with exercise, education and support. The team will first evaluate your health to make sure you are ready to start. Then we will tailor a program to your current health and fitness level and your goals. You will have opportunity to participate in supervised exercise classes (including resistance training), yoga and meditation, workshops to help with lifestyle changes as well as one on one meetings with a dietitian and social worker.



## WHO IT'S FOR

The program is designed for people who have recently experienced any of the following:

- » Angina
- » Heart Attack
- » Angioplasty & Stent
- » Coronary Artery Bypass Surgery
- » Heart Valve Surgery
- » Heart Failure
- » Heart Transplant

## HOW TO JOIN

Talk to your family doctor or cardiologist and ask to be referred to our program. You can download from our website and mail or fax the referral to our Oakville location or ask your doctor's office to do it.

The program is covered under OHIP. Services are offered at Milton District Hospital and Oakville Trafalgar Memorial Hospital.

