



# TASTE of CHIP May 2017




Have you had angioplasty, heart attack or open heart surgery recently?

Call us at **514 489-6630** or write at [chip@cvage.ca](mailto:chip@cvage.ca) to register

**Cost: \$40 for all 4 sessions**

We are located at the YM-YWHA,  
5400 Westbury Avenue - room 139,  
(corner of Côte-Sainte-Catherine road)

Session	Date	Time	What's happening?
1	Tuesday, May 9	10:00 – 11:00 11:00 – 11:30	<b>Nurse's</b> lecture Chair stretching Exercises 
2	Thursday, May 11	2:00 – 3:00 3:00- 3:30	<b>Psychologist's</b> lecture Chair stretching Exercises 
3	Tuesday, May 16	2:00 – 3:00 3:00 – 3:30	<b>Dietician's</b> lecture Chair stretching Exercises 
4	Thursday, May 18	2:00 – 2:45 2:45 – 3:15	<b>Exercise</b> Lecture Tour of the facilities & Program Information 

Please note:

- Family members/friends are welcome.
- Wear comfortable clothes and shoes for the stretching exercises.

Speakers:

**Nurse:** Isabel Szczepkowski, RN from the Royal Victoria Hospital

**Dietician:** Lisa Rutledge RDt

**Psycho-therapist:** Claire Han (PhD intern in Clinical Psychology) from McGill University

**Kinesiologists:** Lisa Masse, MSc, Marie-Pierre Tournier, MSc, Katherine Brosseau, BSc, from the Mcgill Comprehensive Health Improvement Program