



TASTE of CHIP July & August 2017



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

Call us at 514 489-6630 or write at 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	Thursday, July 27 th	10:00 – 11:00 11:00 – 11:30	Nurse's lecture Chair stretching
2	Tuesday, August 1 st	2:00 – 3:00 3:00- 3:30	Exercise Lecture Tour of the facilities & Program Informatio
3	Thursday, August 3 rd	2:00 – 3:00 3:00 – 3:30	Psychologist's lecture Chair stretching Exercises
4	Tuesday, August 8 th	1:00 – 1:45 1:45 – 2:15	Dietician's lecture Chair stretching Exercises

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: Patricia Urrico 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