



TASTE of CHIP September 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	Tuesday September 5 th	2:00 – 3:00	Exercise lecture 
		3:00 – 3:30	Tour of the facilities & Program Information
2	Thursday September 7	1:00 – 2:00	Dietician's Lecture 
		2:00- 2:30	Chair stretching Exercises
3	Tuesday September 12	10:00 – 11:00	Nurse's lecture 
		11:00 – 11:30	Chair stretching Exercises
4	Thursday September 14	2:00 – 3:00	Psychologist's lecture 
		3:00 – 3:30	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