



TASTE of CHIP October 2017

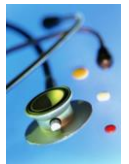
Have you had angioplasty, heart attack or open heart surgery recently?

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 October 17	12:30 – 1:30	Dietician's lecture
		1:30 – 2:00	Chair stretching Exercises
2	Thursday October 19	2:00 – 3:00	Psychologist's Lecture
		3:00- 3:30	Chair stretching Exercises
3	Tuesday October 24	9:00 – 10:00	Nurse's lecture
		10:00 – 10:30	Chair stretching Exercises
4	Thursday October 26	2:00 – 3:00	Exercise lecture
		3:00 – 3:30	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: 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