



TASTE of CHIP November 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 November 21	9:30 – 10:30 10:30 – 11:00	Nurse's lecture Chair stretching Exercises 
2	Thursday November 23	1:00 – 2:00 2:00- 2:30	Dietician's lecture Chair stretching Exercises 
3	Tuesday November 28	2:00 – 2:45 2:45 – 3:15	Exercise lecture Tour of the facilities & Program Information 
4	Thursday November 30	2:00 – 2:45 2:45 – 3:15	Psychologist'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