



Programme complet d'amélioration de la santé McGill
McGill Comprehensive Health Improvement Program

5400 AVENUE WESTBURY, MONTRÉAL (QUÉBEC) H3W 2W8 TEL: 514 489-6630 FAX: 514 489-2604

www.chiprehab.com

***DID YOU HAVE A HEART SURGERY, A HEART ATTACK,
OR AN ANGIOPLASTY?***

Taste of CHIP - Heart Healthy Lecture series

This is your first step towards recovery!

Register : 514-489-6630 / chip@cvage.ca

\$40
for all
4 lectures

1) February 8th 2018 at 9:30 to 11:00am

- Cardiac events and medications
- Chair stretching exercises



2) February 13th 2018 at 2:00 pm

- Getting back to your activities
- Tour of the facilities & Program Information



3) February 15th 2018 at 2:00 pm

- Mental health and stress management
- Chair stretching exercises



4) February 20th 2018 at 1:00 pm

- Nutrition & Heart Health Lecture
- Chair stretching exercises



Family members are welcome to join

Register for the free week of supervised exercise

5400 Westbury Ave Rm 139, Montreal Qc H3W2W8

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