



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

# Heart Healthy Lecture series -- FREE

Register : 514-489-6630 / [chip@cvage.ca](mailto:chip@cvage.ca)

## 1) February 19th at 5 to 6:30pm

- Cardiac events and medications
- Tour of the facilities & Program Information



## 2) February 21st at 5 to 6:30pm

- Coping with heart disease and stress management
- Chair stretching exercises (if time permits)



## 3) February 26th at 5 to 6:30pm

- Nutrition & Heart Health Lecture
- Chair stretching exercises (if time permits)



## 4) February 28th at 5 to 6:30pm

- Getting back to your activities
- Chair stretching exercises (if time permits)



Family members are welcome to join

**Register for the free week of supervised exercise**