



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

Heart Healthy Lecture series -- FREE

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

1) January 15 at 2:00 to 3:30 pm

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



2) January 17th at 2:00 to 3:30 pm

- Coping with heart disease and stress management
- Chair stretching exercises



3) January 22nd at 2:00 to 3:30 pm

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



4) January 24th at 2:00 to 3:30 pm

- 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