

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

STEP UP Program - Taste of CHIP

This is your first step towards recovery!

514-489-6630 / chip@cvage.ca

\$40

for all 4 lectures

MONTHLY LECTURE SERIES

- 1) Getting back to your activities (Kinesiologist)
- 2) Nutrition & Heart Health Lecture (Dietitian)
- 3) Cardiac events and your medications (Nurse)
- 4) Mental health and stress management
(Psychologist)

Range of motion exercises included.
Family members are welcome to join

Register for a taste of CHIP,
a free week of supervised exercise

CHIP

The McGill Comprehensive Health Improvement Program

5400 Westbury Ave, Montreal Qc H3W2W8