

## Program details

Each week you will participate in an education session.

### Heart Disease

- How the heart works, heart disease and treatment

### Healthy Eating (two sessions)

- Recommended guidelines
- Food myths
- Reading product labels

### Physical Activity

- Physical activity guidelines
- Benefits of exercise and overcoming barriers

### Risk Factors & Emergency Response

- Understanding your risks
- What to do in an emergency

### Heart Emotions

- Emotional recovery from a heart event
- Depression, anxiety, stress management

### Medications

- Common heart medications
- Medication Safety
- Side effects.



For further information, please contact Cardiac Health Program

Telephone **5338 4500**

Referrals can be faxed **5336 1613**

Scan the QR code to make an enquiry via our website or visit [bchc.org.au](http://bchc.org.au)



# Cardiac Health Program

Available at 12 Lilburne Street Lucas and 260 Vickers Street Sebastopol





# Welcome to the Cardiac Health Program at Ballarat Community Health

## Where

This program is offered at Lucas and Sebastopol sites.

## Booking

To access the Cardiac Health program request a referral to the program from your GP or specialist.

Patients treated for acute cardiac events will be referred by their hospital.

You can also call us on 5338 4500 for more information.

## Cost

It is a Government Subsidised program for eligible clients, there is a small weekly fee to cover the gap. This will be discussed at intake.

BCH is committed to providing quality services at minimal cost.

## What to bring

Partners and family members are encouraged to attend.

Wear clothing and closed shoes suitable to exercise in.



## What is a Cardiac Health Program?

It is a professionally supervised 8 week exercise program in a well-equipped gym. Heart health education is also delivered to improve outcomes for people who have had a heart event.

### We aim to:

- Assist your recovery after a heart event
- Increase your physical activity levels
- Provide information about preventing further heart disease
- Improve your overall quality of life
- Support for partners and carers
- Support your return to work and usual activities
- Provide a relaxed and supportive environment with others who share similar experiences

## How it works

The 8 week program is developed from the Heart Foundation's recommended guidelines.



Prior to commencing you will have a assessment with the cardiac nurse and exercise physiologist. Achievable health goals are developed and an individualised exercise program is also designed for you. Your doctor will be informed of your progress.

## Ongoing support

Once you have completed the program you can continue onto a weekly exercise program to keep you motivated and supported.

