

Do I need a referral?

A referral from a Specialist, Physician, Doctor or hospital is preferred. Clients are able to self refer.


Is there a cost?

There is no cost for attending the program.

Where can I find out more?

Enquiries or referrals can be directed to:

**Cardiac Rehabilitation Program
CRC / Allied Health Building PO
Box 326
Albury NSW 2640**

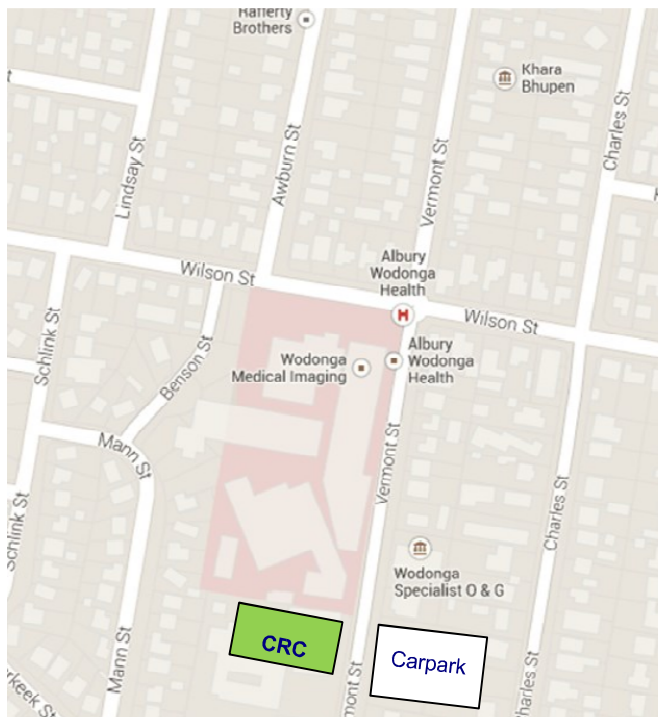
 **Phone:** (02) 6051 7400

 **Fax:** (02) 6051 7430

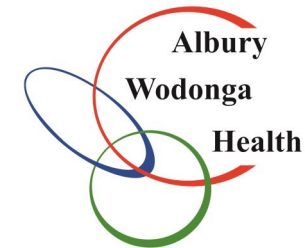
 **Internet:** www.awh.org.au

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Where are CRC / Allied Health Services located? Services are provided at the Centre 73 - 75 Vermont Street, Wodonga.

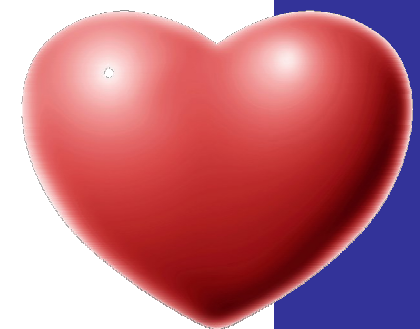


The information in this brochure is available in alternate formats and languages upon request.



CARDIAC REHABILITATION PROGRAM

Community Rehabilitation
Wodonga Hospital



What is Cardiac Rehabilitation?

The Cardiac Rehabilitation Program helps people recover from heart attacks or heart surgery.¹

It is designed to:

- Get your heart as healthy as possible.
- Increase your activity levels.
- Identify risk factors which may have led to you having a heart condition.
- Improve your overall wellbeing.
- Find ways to reduce your risk of having further heart problems.

What does it involve?

When Cardiac Rehabilitation receives a referral we will contact you to arrange an initial assessment.

At the initial assessment you will learn more about the services and support that we offer, such as group sessions, individual sessions and telephone contact.

¹ Heart Foundation Guidelines for Cardiac Rehabilitation , 2013

The Cardiac Group Program has two parts:

- Exercise.
- Education.

When?

Every Tuesday and Friday for 8 weeks.

Tuesday: 10:30am - 12:30pm
1 hour Exercise
1 hour Education

Friday: 11:00am - 12:30pm
1 hour Exercise
1/2 hour Relaxation Session

Education topics include:

- Move It or Lose It.
- Heart Medications.
- The Amazing Heart Pump and Easy CPR.
- Relaxation & Stress Management.
- Risk Factors.
- Healthy Eating.
- Getting on with Life.
- It's Not Only Physical.
- Supermarket Tour with the Dietitian.

Cardiac Group is run by a team of health professionals including:

- Allied Health Assistant.
- Cardiac Nurse.
- Dietitian.
- Exercise Physiologist.
- MICA Paramedic.
- Physiotherapist.
- Occupational Therapist.
- Pharmacist.
- Social Worker.

Other:

- Partners and family are encouraged to attend.
- Wear clothing and shoes suitable for exercising.
- Bring a water bottle.
- Morning tea is provided on Tuesdays.