

## **Cardiac Rehabilitation Program Education Workshops**

The following is a description of the Education Workshops provided throughout the six-month program. Workshops at the **Oakville** site are usually scheduled on **Tuesdays** and **Thursdays**. Workshops at the **Milton** site are scheduled on **Mondays** and **Wednesdays**.

- **There are five cores workshops that are an essential component of your cardiac rehabilitation program.**
- **The workshops rotate around a two-month schedule. For your convenience, you may choose either a day or evening session.**
- **You are encouraged to exercise at home on the day of the workshop.**
- **Spouses, family members and friends are welcome to attend the workshops with you.**
- **Please call on the day of the workshop to confirm both the time and location. The telephone numbers are provided at the bottom of each month's schedule.**

### **How the Heart Works. What can Go Wrong? Possible Tests and Procedures for Heart Disease**

This workshop is an overview of the anatomy and physiology of heart disease. It includes a discussion of all the tests and procedures, including heart surgery that are done to diagnose and treat heart disease.

### **Risk Factors for Heart Disease and Cardiac Medications**

Learn about controllable and non-controllable risks including genetics and their importance in the role of heart disease. An update on the research in heart disease is included. Also learn about why you are taking certain medications, for how long, common side effects. *\*Please bring your medications to this workshop in their original containers.*

### **Stress and Relaxation**

The focus of this workshop is relaxation techniques. An overview of the stress response and how it makes us ill is discussed. Bring yoga mat and pillow to this workshop. This workshop is held three times a year.

### **Heart Healthy Diets**

Lifestyle changes such as heart healthy eating can help reduce the risk of heart disease. Current knowledge is emphasized regarding fat, fibre, and soy protein, and their role in modifying blood fat levels. Introduction to the Mediterranean Diet and Portfolio Diet. Label reading for: fat, cholesterol, and fibre. Plan a one day menu.

### **Weight Loss, Blood Pressure and Improving Diabetes Control**

These are controllable risk factors for heart disease, which are affected by our eating patterns. Weight loss principles are covered. Introductions to the DASH Eating Plan for blood pressure control. Review current basic eating guidelines for diabetes and the role of the glycemic index. Label reading for: calories, sodium, carbohydrates and sugars. Cooking tips and eating out.

**Cardiac Rehabilitation Program Education Schedule  
Oakville and Milton Sites  
November 2005**

<b>Monday - Milton</b>	<b>Tuesday - Oakville</b>	<b>Wednesday - Milton</b>	<b>Thursday - Oakville</b>	<b>Friday</b>
	1	2	3	4
7	8 <b>Time: 1:30 or 6:00 p.m</b> <b>Topic: How the Heart Works. What can go Wrong? Possible Tests and Procedures. (Jane)</b>	9	10	11
14 <b>Time: 5:30 p.m.</b> <b>Topic: Heart Healthy Diets (Sue)</b>	15	16	17	18
21 <b>Time: 1:00 p.m.</b> <b>Topic: How the Heart Works. What can go Wrong? Possible Tests and Procedures. (Jane)</b>	22 <b>Time: 1:30 or 6:00 p.m.</b> <b>Topic: Heart Healthy Diets (Sue)</b>	23	24	25
28	29 <b>Time: 6:30 p.m.</b> <b>Topic: An Evening with Dr. Peat. Questions and Answers.</b>	30		

**Milton:**

Classes are held in the classroom that is located next to the cafeteria on the main level of the hospital. Please call on the day of the workshop to confirm time and location. Telephone: 905- 878-2383 ext 7274

**Oakville:**

Classes are held in the auditorium on the lower level of the hospital. Please call on the day of the workshop to confirm both the time and location. Telephone: 905-845-2571 ext 6653

**Cardiac Rehabilitation Program Education Schedule  
Oakville and Milton Sites  
December 2005**

<b>Monday - Milton</b>	<b>Tuesday - Oakville</b>	<b>Wednesday - Milton</b>	<b>Thursday - Oakville</b>	<b>Friday</b>
			<b>1</b> <b>Time: 2:00 and 6:00 p.m.</b> <b>Topic: Risk Factors and Medications. *Please bring your Medications with you. (Jane)</b>	<b>2</b>
<b>5</b>	<b>6</b>	<b>7</b> <b>Time: 5:30 p.m.</b> <b>Topic: Nutrition for Weight Loss, Blood Pressure &amp; Improving Diabetes Control (Sue)</b>	<b>8</b>	<b>9</b>
<b>12</b> <b>Time: 1:00 p.m.</b> <b>Topic: Risk Factors and Medications. *Please bring your Medications with you. (Jane)</b>	<b>13</b> <b>Time: 1:30 &amp; 6:00 p.m.</b> <b>Topic: Nutrition for Weight Loss, Blood Pressure &amp; Improving Diabetes Control (Sue)</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

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