

My team *is* **BRHS**

Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.



**We welcome feedback at:**

Bairnsdale Regional Health Service **PO Box 474 Bairnsdale VIC 3875**  
**P (03) 5152 0230 F (03) 5152 1500 E [chealth@brhs.com.au](mailto:chealth@brhs.com.au) [www.brhs.com.au](http://www.brhs.com.au)**

## Cardiac Rehabilitation Program

A program for people with a heart condition or following surgery

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing.

**Issue date:** MAY 2014 **Our Ref:** bCS0004

**Bairnsdale Regional Health Service is located on the traditional land of the Gunaikurnai people.**

## What to expect

The program will show you ways to be healthier by changing the ways you eat and exercise. It aims to increase your understanding of what has happened to your heart.

## What the program offers

- Exercise supervised by nurses and health assistants.
- Education for you and your family about ways to help you reduce your chances of having more heart problems.
- Support from other people with a heart condition.

## When is it on?

- Wednesdays at 12.30pm until 3.30pm

## Cost

- \$7.00 per participant per week.

## Who can come?

- Anyone who has had chest pain (angina), heart attack, angioplasty, stents, heart surgery or other heart conditions. Your family is also welcome to come.



## This program includes talks on:

- How the heart works.
- Exercising safely.
- Eating to keep healthy.
- Medication.
- Mental health and stress management.
- First aid for a collapse.
- Managing daily activities and going back to work.
- Using the Ambulance service.
- Other support services in our community.

**Talks are given by a number of different health workers.**

## The Community Health Centre is open

Monday to Friday from 8.30am until 4.30pm

**We want to make sure you are involved with the treatment you receive by helping you do as much as you can for yourself to help you stay independent.**

**Right from the start we will talk with you about why you have come to us and what you want to get out of your visit.**

**You might like to think about this before your visit and bring your ideas with you.**