



## Cardiac Rehabilitation Group

### What is the Cardiac Rehabilitation Group?

Cardiac Rehabilitation is a program run by Portland District Health to assist people in their recovery from a heart event (e.g. heart attack), people living with a heart condition (e.g. heart failure), and to prevent further heart problems from occurring. It is well known that exercise rehabilitation is an important step in enhancing your heart and circulatory systems following your diagnosis.

Our goal at Portland District Health is to help people return to an active and satisfying lifestyle as quickly as possible, by providing a supportive environment where encouragement and self-management of your heart condition is key.

### Details

- 8 week government funded program
- 1 hour exercise session 2 times a week
- plus a 1 hour education session per week (in a group setting)
- Exercise programs are specific to your stage of rehabilitation and your ability
- Education topics vary and are presented by different health professionals
- Self-referrals are accepted to enter the program. However, a referral from your hospital, GP or Cardiologist is encouraged.

### What are the benefits?

- Increased knowledge and understanding of your heart and/or circulatory conditions.
- Improved understanding and awareness of how to manage your cardiovascular concern.
- Increased ability to complete daily activities.
- Improvements in heart and circulatory health.
- Improvements in energy and stamina levels.
- Improved self-esteem and quality of life.
- Increased muscular strength and endurance.
- Increased understanding of nutrition.
- A social environment to meet other people also living with a cardiovascular condition.
- Support and guidance with your cardiac rehabilitation journey.

**How do I get into the Cardiac Rehabilitation Group? Call: 03 5522 1410**

