

# Will my information be kept private?

Yes. We will keep your name and contact details on your consumer record. Other details will be recorded in your consumer file.

Only the workers who you have direct contact with may read your file. If we need to talk to someone else, we will get your permission first.

For more information on Consumer Privacy, read our brochure "Your Information—It's Private"

# Where can I get more information?

Donald Wycheproof Charlton  
54786213 54780783 54776865

## Proposed Dates for 2010

Program 1  
February 18th  
February 25th  
March 4th  
March 11th

Program 2  
April 29th  
May 5th  
May 13th  
May 20th

Program 3  
July 29th  
August 5th  
August 12th  
August 19th

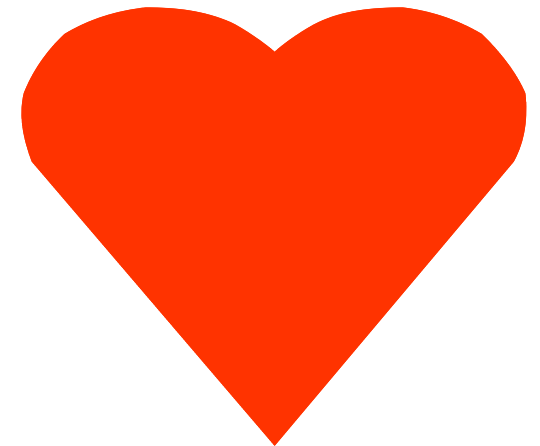
Program 4  
October 14th  
October 21st  
October 28th  
November 4th

# Is there a cost?

There is a small charge of \$2.50.

East Wimmera Health Service

Healthy Heart 



Cardiac Rehabilitation

2010

Primary Care Services

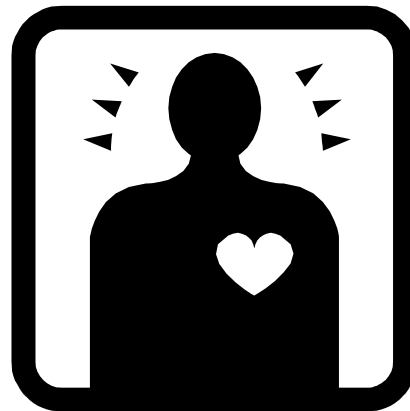
# A Healthy Heart..... Makes A Start!



Have you recently suffered from any of the following?

Diabetes  
Depression  
Heart Surgery  
Family history of heart disease  
Heart  
Angina  
High Blood Pressure  
High Cholesterol  
Stents

... then the Healthy Heart and Cardiac Rehabilitation program can help you and your family



The program includes educational and interactive sessions, including light exercises, with support from others who have similar health conditions.



Topics

- Overview and Introduction
- Risk Factors
- Lifestyle changes/exercise
- Relaxation, Stress Management, Getting Back to work
- Medications
- Nutrition/Healthy Eating
- Maintenance & resources. Links to other activities/programs

The program involves hands on and expert advice from health professionals including Community Health Nurses, Physiotherapists, Occupational Therapists, Dieticians and Social Workers and is an important addition to the treatment provided by your doctor.