

Your Exercise Program

Reach Us at
(416) 502-2323 ext. 6010

Your Exercise Therapist

Your Stress Test Appointment:

Date	
Day	
Time	
Location	

Your Orientation Session:

Date	
Day	
Time	

Your Exercise Program Starts:


Date	
Day	
Time	

All sessions will be held at **Bayview Hill Community Centre (114 Spadina Road, Richmond Hill ON L4B 2Y9)** unless you have been informed otherwise.

"It's My Life. I can't change yesterday. I can only make the most of today and look to the future with hope to live the best life I can."

Program Location



 Carefirst Community Cardiovascular Prevention & Rehabilitation Program
(114 Spadina Road, Richmond Hill ON L4B 2Y9)

Contact Us 聯絡我們

Carefirst Health Promotion &
Chronic Disease Management Centre
**Carefirst Seniors & Community
Services Association**

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Scarborough, ON M1W 3Y3



Carefirst Community Cardiovascular Prevention & Rehabilitation Program

耆暉社區心血管病預防與康復服務



Richmond Hill



A "Bayview Hill Seniors Program"

WELCOME!

Carefirst Community Cardiovascular Prevention & Rehabilitation Program

We invite you to take part in this 6-month Program to learn and put into practice a lifestyle and behavior change program consisting of:

- Individualized exercise prescription
- Structured and supervised physical activity program
- Health education (e.g. Healthy eating)
- Self-management skills (e.g. Stress management, effective communication with healthcare providers)
- Connection to community-based chronic disease prevention and management programs & networks

This Program aims to inspire, enable, and support you to live a higher quality of life by preventing disease progression and recurrence of cardiovascular events (e.g. TIA, stroke and cardiac complications).

Research shows...

Dr. Larry Goldstein
New Guideline for Prevention of Stroke, both ischemic and hemorrhagic (2010)
American Heart Association/American Stroke Association

"...stroke prevention is modification of lifestyle factors, including physical activity, not smoking, moderate alcohol consumption, maintaining a normal body weight, and eating a low-fat diet high in fruit and vegetables."

"Those types of lifestyles are associated with about an **80% - that's 8-zero percent - lower risk** of a first stroke and that's true for both men and women."

PROGRAM OUTLINE

1. You will be supported by an Exercise Therapist who will assess your current health and help you design an individualized program to reach achievable health goals that you set for yourself.
2. You will participate in graded exercise testing at starting and at graduation from program.
3. You will attend an Orientation Session.
4. You will participate in the 1.5 hour weekly session for six (6) months for: education, discussion, question and answer, and supervised exercise
5. You will be connected with appropriate community –based support services and peer networks
6. You will practice your new life style at home: Exercise!



Ask Your Doctor to Refer You Today!

Program Characteristics

- For individuals living with cardiovascular conditions, particularly Transient Ischemic Attack (TIA) and minor non-disabling stroke
- Bilingual and culturally relevant programming in both English and Chinese (Cantonese and Mandarin)
- Convenient location at Bayview Hill Community Centre in Richmond Hill
- Easy access to Carefirst's onsite Heart Wise Exercise™ programs
- Linkage to Stanford Chronic Disease Self-Management Programs
- Support and inspiration to enable you to achieve the goals that you set for yourself to optimize your health

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