



Waitemata
District Health Board

Best Care for Everyone

NORTH SHORE HOSPITAL

Heart Education Classes 2020

"I have been to the talks after my bypass and returned several more times throughout the year"
Jim

"The session helped me understand my medication better "
Fala

"The length of the sessions was just right. They were cheery and well presented"
Paulo

Supporting your journey towards a healthy heart and lifestyle

These information sessions are designed to support you and your family following your heart event. They are aimed at those who have had a heart attack or have risk factors for heart disease. All are welcome to attend the healthy heart and lifestyle advice. We have DAY and EVENING classes available and we encourage you, your supporters and friends to attend.

Sessions:

Day Sessions

Week 1: Understanding Heart Disease

Know your Medications

Week 2: Nutrition for a Healthy Heart

Cardiac Pulmonary Resuscitation (CPR)

Week 3: Stress and Anxiety

Community resources

Week 4: The Benefits of Exercise and Physical Activity

Evening Sessions

Week 1: Understanding Heart Disease

Know your Medications

Community Resources

Week 2: Nutrition for a Healthy Heart

Stress and Anxiety

The Benefits of Exercise and Physical Activity

Bookings, Concerns or Frequently Asked Questions:

Tel: 486 1491 ext. 43167

Mob: Tricia: 021 719733 Elaine: 021 1992136

Email: CardiacRehabNSH@waitematadhb.govt.nz

You can find more information on the WDHB website:

waitematadhb.govt.nz > Healthy Living > Cardiac Rehab & Education

Prebooking Preferred: Please advise us of the day or evening dates you will be attending. Text, email or call. Please leave a message with your name and hospital number (NHI) and intended class.

 **DAY CLASS BLOCK DATES**

1.30PM – 3.30 PM

Please arrive 20 minutes early on the attendance of your first session to allow paperwork to be completed.

Wk	April - May	July	Sept - Oct	November
1	Tue 28 Apr	Tue 07 Jul	Mon 28 Sept	Mon 02 Nov
2	Mon 04 May	Tue 14 Jul	Mon 05 Oct	Mon 09 Nov
3	Mon 18 May	Tue 21 Jul	Mon 12 Oct	Mon 16 Nov
4	Mon 25 May	Tue 28 Jul	Mon 19 Oct	Mon 30 Nov

 **EVENING CLASS BLOCK DATES**

6 PM – 8.30 PM

Please arrive 20 minutes early on the attendance of your first session to allow paperwork to be completed.

Wk	February	June	September
1	Tue 18 Feb	Tue 09 Jun	Tue 15 Sept
2	Tue 25 Feb	Tue 16 Jun	Tue 22 Sept



General Information:

These classes are free to attend. We are able to offer a \$5 parking fee for class attendees. This is eftpos only and a parking warden will attend class for payment. Tea and coffee provided.



Directions:

Classes are held in the Whenua Pupuke Building. This is located on the lake front opposite Lakeview Cardiology. Please park in the parking building. Walk toward the Shea Terrace entrance and turn left at the roundabout. Whenua Pupuke is on the right.

