



Waitemata
District Health Board

Best Care for Everyone

WAITAKERE 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

The Benefits of Exercise and Physical Activity

Week 2: Nutrition for a Healthy Heart

Stress and Anxiety

Community Resources

Bookings, Concerns or Frequently Asked Questions:

Tel: 486 1491 ext. 43167

Mob: 021 1960 745

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 DATES**

1 PM – 3 PM

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

Week	Feb-Mar	May	July	Sept	Nov
1	Wed 12 Feb	Wed 6 May	Wed 8 Jul	Wed 2 Sept	Wed 4 Nov
2	Wed 19 Feb	Wed 13 May	Wed 15 Jul	Wed 9 Sept	Wed 11 Nov
3	Wed 26 Feb	Wed 20 May	Wed 22 Jul	Wed 16 Sept	Wed 18 Nov
4	Wed 4 Mar	Wed 27 May	Wed 29 Jul	Wed 23 Sept	Wed 24 Nov

 **EVENING CLASS 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	April	July-Aug	Nov
1	Wed 15 Apr	Wed 29 Jul	Wed 11 Nov
2	Wed 22 Apr	Wed 5 Aug	Wed 18 Nov

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 Manuka/Matepo Room, Lower Ground Floor of the main hospital (Near the therapies area). This is located through **Entrance F – Older Adults**. Visitor car parking available in blue designated areas

