



Virtual Regional Cardiovascular Rehab

Amber Heath, R. Kin, Best Practice Lead

Agenda



Referral Criteria



Program



Virtual Program



Heart@Home



Who Benefits?

It's not just about the Heart

Stroke

Heart Failure

Vascular disease

Kidney Disease

Primary Prevention with Risk Factors



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Program



Community Based



Regional Workforce



Communication with Physicians



Centralized Coordination Centre



Standardized Program



Health Information System



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OUR SITES


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| <p>SCARBOROUGH Scarborough Health Network (SHN) Centenary hospital 2867 Ellesmere Road</p> <p>Toronto Pan-Am Sports Centre 875 Morningside Avenue</p> <p>Stephen Leacock Community Recreation Centre 2500 Birchmount Road</p> <p>PICKERING Pickering Soccer Centre 1975 Clements Road</p> <p>AJAX Ajax Community Centre 1975 Clements Road</p> <p>Complete Performance Centre 72 Orchard Road</p> <p>WHITBY Abilities Centre 55 Gordon Street</p> <p>OSHAWA Oshawa Civic Complex 99 Thornton Road South</p> <p>Delpark Homes Centre 1661 Harmony Road North</p> | <p>BOWMANVILLE Bowmanville Indoor Soccer Complex 2375 Baseline Road West</p> <p>COBOURG Cobourg Community Centre 750 D'Arcy Street</p> <p>LINDSAY Ross Memorial hospital 10 Angeline Street North</p> <p>PORT PERRY Scugog Community Recreation Centre 1655 Reach Street</p> <p>BOBCAYGEON Kawartha Lakes Retirement Residence 60 West Street</p> <p>PETERBOROUGH Peterborough Sport & Wellness Centre 775 Breakey Drive</p> <p>HASTINGS Hastings Field House 97 Elgin Street</p> |
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Talk with your cardiologist or family physician about if cardiovascular rehab is right for you. Learn more about the program at gethearthealthy.ca or give us a call at 1-855-448-5471 or at 416-281-7022.





Virtual Program


Weekly Communication

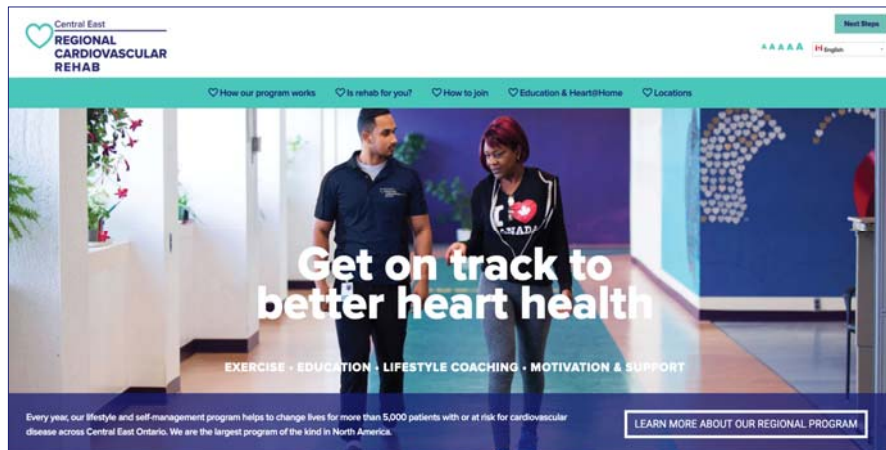

Heart@Home


Live Events


Cardiac Rehab App


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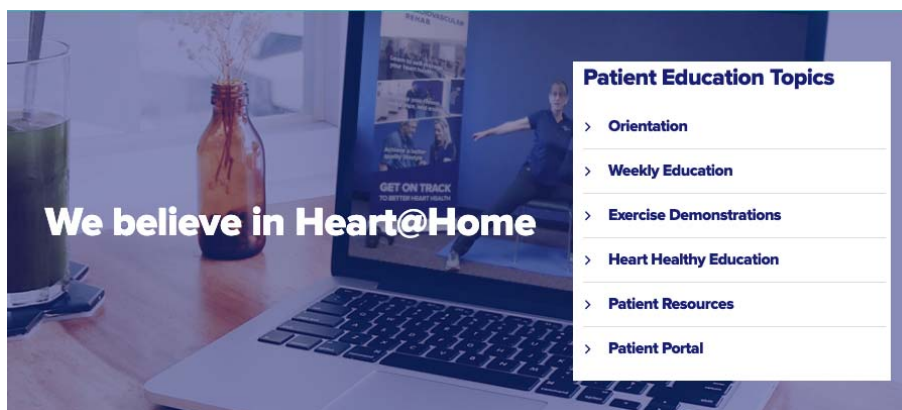


WWW.GETHEARTHEALTHY.CA



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Live Events

Calendar of Events

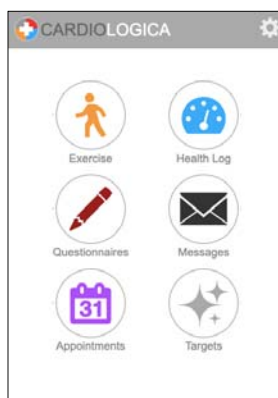
< August 23 - August 30, 2020 >

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|-----------------|---|
| Aug 23 - Aug 29 | Mediterranean Diet Online |
| 24 Aug | Live Session: Mini Talk with Resistance Training 2:00 pm - 3:00 pm Online |
| 25 Aug | Live Exercise Session: Chair Yoga 10:00 am - 10:30 am Online |
| 26 Aug | Live Session: Mini Talk with Advanced Resistance Training 6:30 pm Online |
| 27 Aug | Live Education Session: Exercise & Vascular Health 2:00 pm - 2:30 pm Online |
| 28 Aug | Live Exercise Session: Warmup & Resistance Training 10:00 am - 10:30 am Online |



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Cardiac Rehab App



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