Weight Management
This program combines healthy eating with exercise. It is designed for heart patients whose main goal is weight loss. We will teach you how to make changes in your lifestyle to improve your health.

Women’s Program
This program focuses on the unique concerns of women with heart disease.
It combines aerobic dance exercise classes with group educational discussions each week. Each Women’s Program runs for a 3 month period.

How long is cardiac rehabilitation at the centre?
Your cardiac rehabilitation at the centre may last up to 6 months depending on your needs.

Where are we located?
3rd Floor, East Wing
Hamilton General Hospital
237 Barton Street East
Hamilton Ontario
L8L 2X2

Phone: 905-577-8033
Fax: 905-528-3148

We look forward to helping you reach your heart health goals!
Welcome to the Cardiac Health and Rehabilitation Centre

Who can go to the Cardiac Health and Rehabilitation Centre?

You need a referral to our centre by your family doctor or medical specialist. Your doctor may refer you to our centre if you:

- are waiting for or recovering from heart surgery
- have had a heart attack or angioplasty
- have angina, congestive heart failure or cardiomyopathy
- have had a heart transplant

If you have not been referred, talk to your doctor. Your doctors will be kept informed of your progress and will continue to be involved in your care.

Who is the health care team?

At the Cardiac Health and Rehabilitation Centre, a team of people work together to provide your care.

Your health care team includes:

- Certified Kinesiologists
- Registered Dietitians
- Registered Nurses
- Secretaries

What can I expect at my first visit?

At your first visit to the centre, you will meet our health care team. We will help you:

- identify your risk factors for heart disease
- understand how heart disease affects you

We will also tell you about the variety of programs we have to offer. Based on your individual needs and goals, we will recommend the programs that will benefit you. You may join as many as you wish. We will work closely with you throughout these programs to help you reach your heart health goals.

What types of programs are offered at the centre?

Supervised Exercise Program

The Kinesiologists specialize in exercise. They will design an exercise program for you based on the results of your exercise stress test.

Exercise classes at the centre are closely supervised by the Kinesiologists. You may attend 2 classes a week. Exercise classes run daily, Monday to Friday. Evening classes are also available.

Our gym facility includes:

- a walking track
- treadmills, stationary cycles, arm cycles, stair climbers and weights
- locker rooms with showers

Home-Based Exercise Program

We can also design a home-based exercise program for you. The Kinesiologist will meet with you individually to discuss your program. Your progress will be followed by telephone.

Individual Counselling

Making changes to your lifestyle can be challenging. You can arrange to see our Nurses, Dietitians and Kinesiologists on a one-to-one basis to discuss your personal needs and goals.

Education

You may have many questions about your heart disease. Group classes offered at the centre will teach you about:

- your heart problem - its causes, treatment and what to expect in your recovery
- how to work towards preventing future heart problems
- heart healthy eating
- medications
- stress management
- spousal support
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