



Heart Beat Hawke's Bay

Napier

Dear

Your Cardiologist has requested we follow up on your care and recommended you attend the **Heart Beat Programme**. This 6 week programme will increase your awareness on heart health, support your recovery and reduce the chance of a future heart event. It is free to attend and you are welcome to bring a support person. Each session is for 2 hours and Includes a discussion on heart health, followed by an exercise programme with a Physiotherapist.

Wear comfortable clothing and shoes and bring a water bottle.

When: Monday 10.30-12.30

Where: Pettigrew Green Arena, Taradale

Topics:

What causes and heart disease	Heart Nurse
Medications and you	Pharmacist
How a heart event can affect you	Heart Nurse
Questions and answers	Heart Specialist
Eating for heart health	Dietician
Life after a heart event	Heart Nurse/ Guest Speakers

We understand the programme time and place is not always convenient for everyone. Alternatively we can provide phone support and advice or for online support visit

<http://firststeps.hearthelp.org.nz/home/the-early-days/cardiac-rehabilitation/>

Contact:

For more information on enrolling in the Programme or to discuss alternative support options contact Paul Scofield or Kerri Monaghan, Specialty Heart Nurses. Please note we are not always in the office. If we are unavailable please leave a message or email us and we will return your call as soon as possible. If your concern is urgent or you require medical attention contact your GP.

06- 878 8109 ext 4547 or 027 485 2164 / cardiac.rehab@hbdhb.govt.nz



HEART BEAT PROGRAMME

This is a 6 week programme, each week we have an exercise session and discuss a different topic below:

What causes heart disease?

We talk about what causes heart disease, angina, heart attacks and how we can improve our heart health.

Medications and you

We discuss common heart medications. What are they for?, when should you take them?, what are the benefits?

Eating for Heart Health

In this session we cover food for heart health, including reading labels and having a varied and balanced diet.

How a heart event can affect you

We discuss the effects that a heart event can have on us and our families and discuss ways to manage stress and anxiety.

Questions and Answers

In this session ask a Heart Specialist questions about heart disease or other questions about your heart health.

Life after a heart event

In this discussion we talk about getting back to doing the things that have meaning to us. We also discuss ways of coping and moving forward with your life.

We look forward to seeing you there!