

Dates

The class is offered on the
4th Monday of the month
throughout the year
from
1:00 - 3:30 pm

2014

- Monday January 27th
- Monday February 24th
- Monday March 24th
- Monday April 28th
- Monday May 26th
- Monday June 23rd
- Monday July 28th
- Monday August 25th
- Monday September 22nd
- Monday October 27th
- Monday November 24th
- Monday December 22nd

Locations

- **Yarmouth Regional Hospital** Well-ness Centre, 4th Floor, Bldg C
- **Digby General Hospital** Telehealth Room
- **Shelburne Hospital** Telehealth Room
- **Clare Health Centre** Telehealth Room

Registration

*You **MUST** call to register if your appointment has not already been made when discharged from hospital!*

Seating is limited and we appreciate your registration to help plan for each session.

Call to register for a session in any of the four locations at:

(902) 742-3542 ext. 1460

An answering machine is available if we are unable to answer your call.

Live and Learn

An
Education Class
for people living with the effects of
Stroke
Heart Attack
Angina
TIA

and those who are at risk for heart disease and stroke.

The mission of our team is that...

We work together with patients and families affected by cardiovascular disease to provide consistent and accessible care, rehabilitation and education programs to bridge the gaps in our services across the continuum of care.

Appointment:

_____ at
1:00 pm

What is Live & Learn?

It is a 2 1/2 hour class that gives you the chance to learn about how you can live with cardiovascular disease.

The same session is repeated every month, so if you miss a class, or need to hear it again, you have lots of chances to get the information.

What is cardiovascular disease?

Basically, cardiovascular disease is a disease that affects your heart and blood vessels. The blood vessels can affect your lungs, brain, kidneys or other parts of your body.

Stroke, heart attack, hardening of the arteries, and angina are all things related to cardiovascular disease.

Who can come?

If you

- have been in the hospital recently for a heart attack, stroke or TIA (transient ischemic attack)
- have angina
- had heart bypass surgery or stents

...then this class is for you!

Are you *at risk* for heart disease and stroke?

Risk factors include:

- high blood pressure
- diabetes
- high cholesterol
- stress
- smoking
- drinking too much alcohol

...then this class is for you!

You can bring a friend or family member with you to the sessions – they are welcome to come!

What will I learn?

The class is designed to help you learn about your condition and help you find ways to manage your risk factors for cardiovascular disease.

Sessions are **free**, informal and full of good information!

We talk about:

- How cardiovascular disease develops
- What happens to your body while having a heart attack or stroke
- Risk factors for cardiovascular disease and how to manage them
- Healthy eating, nutritional tips, label reading
- Physical activity to suit your needs and capability

...and much, much more!

Each class is lead by a healthcare professional. You can ask questions and take home information materials.