

SECTION 5- RESOURCES

BRITISH COLUMBIA CARDIAC REHAB PROGRAMS

The following is a list of cardiac exercise and/or education programs available in British Columbia. Despite many programs sharing the same name of "Healthy Heart", the programs listed vary in the services they provide, the amount and types of exercise equipment, and the level of staff and medical supervision available. Some of the cardiac exercise programs may not be appropriate for individuals with certain cardiac conditions, and we recommend that you discuss your specific situation with your physician prior to starting any exercise program.

The Heart & Stroke Foundation of BC and Yukon offers cardiac education classes throughout the province of British Columbia. For a cardiac education program in your area, call the Heart & Stroke Foundation toll free at 1-800-663-2010.

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Vancouver

Heart to Heart Programs

Lower Mainland

(604) 736-4404

Toll Free 1-800-663-2010

Healthy Heart Program

Cardiac Rehabilitation & Prevention Clinic

St. Paul's Hospital

B180 - 1081 Burrard Street

Vancouver, BC V6Z 1Y6

(604) 806-8591

- Exercise classes
- Education classes available weekly

Healthy Heart Program

Cardiac Rehabilitation & Prevention Clinic

Vancouver General Hospital

Munro Clinic

711 West 12th Avenue

Vancouver, B.C. V7Z 1M9

(604) 875-5389

- Exercise classes
- Education classes available weekly

Healthy Heart Program

Jewish Community Centre of Greater Vancouver

950 West 41st Avenue

Vancouver, BC V5Z 2N7

(604) 257-5111 ext. 214

- Exercise classes
- Wellness lectures monthly

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Vancouver Downtown YMCA

955 Burrard Street
Vancouver, BC V6Z 1Y1
(604) 633-3573

- Exercise classes
- Education classes not offered

South Slope Family YMCA

282 West 49th Avenue
Vancouver, BC V5Y 2Z5
(604) 324-2261

- Exercise classes
- Education classes not offered

SCAMS (Shaughnessy Cardiac Alumni Members Society)

Contact:
Gordon Walkinshaw (604)
266-4356
Ed Lipson (604) 943-0984
Barry Sleigh (604) 261-
4774

- Exercise classes
- Education classes not offered

North Vancouver & West Vancouver

Cardiac Home Follow-Up Program - Lions Gate Hospital

231 East 15th Street
North Vancouver, BC V7L
2L7
(604) 984-5933

- Exercise classes: Individualized walking program assigned by Registered Nurse
- Education classes not offered; one-on-one risk factor education provided

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Cardiac Rehabilitation Exercise Program -Lions Gate Hospital

Medical Day Centre

- 231 East 15th Street
North Vancouver, BC V7L
2L7
(604) 984-5752
- Exercise classes
 - Education classes not offered

Cardiac Care: A Cardiac Maintenance Program - Delbrook

Recreation Centre

- 600 West Queens Road
North Vancouver, V7N 2L3
(604) 987-7529
- Exercise classes
 - Education classes not offered

West Vancouver Healthy Heart

- Eagle Harbour Community
Centre 5575 Marine Drive
Annex
West Vancouver, BC
(604) 921-2100
- Exercise classes
 - Education classes not offered

Burnaby

Burnaby Healthy Heart Program- Burnaby Hospital

- 3935 Kincaid Street
Burnaby, BC V5G 2X6
(604) 412-6482
- Exercise classes
 - Education classes offered weekly

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YMCA Cardiac Rehabilitation (CARE) Program

New Westminister, Burnaby, Coquitlam & Surrey

- #208 - 245 East Columbia Street
New Westminister, B.C. V3L 3W4
(604) 521-5801
- Exercises classes
 - Education classes not offered

White Rock Healthy Heart Program

Peace Arch Hospital

- 15521 Russell Street
White Rock, B.C.
(604) 535-4500 local 7794
- Exercises classes
 - Education classes offered
Tuesdays and Thursdays

North Burnaby, New Westminister, Coquitlam, Surrey

New Westminister & District

- #208 - 245 East Columbia Street
New Westminister, BC V3L 3W4
(604) 521-5801
- Exercises classes*
 - *exercise classes offered at North Burnaby, Coquitlam, New Westminister and Surrey
 - Education classes not offered

Surrey Memorial Hospital Cardiac Rehabilitation Program

- Surrey Memorial Hospital
13750 - 96th Avenue
Surrey, BC V3V 1Z2
(604) 585-5503
- Exercise classes not offered
 - Education classes offered weekly

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Richmond

Richmond Cardiac Rehab

6111 Minoru Boulevard
Richmond, B.C.
(604) 244-5360

- Exercise classes
- Education classes offered

Langley

Healthy Heart Program at Protex Fitness Centre

20370 Logan Avenue
Langley, B.C.
(604) 534-6191

- Exercise classes
- Education classes not offered

Chilliwack

Chilliwack YMCA

(250) 792-3371

- Exercise classes
- Education classes not offered

Kamloops

Kamloops Community YMCA

(250) 372-7725

- Exercise classes
- Education classes not offered

Penticton

The Healthy Heart Program - Penticton Regional Hospital

(250) 492-4000 ext. 2283

- Exercise classes
- Education classes not offered

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Kelowna

The Central Okanogan Association for Cardiovascular Health (COACH)

Cardiovascular Risk Factor Reduction Program (250)
763-3433

- Exercise classes

Unit 204-2622 Pandosy
Street

Kelowna, BC V1Y 1V6

The Kelowna Coronary Exercise Society - Parkinson Recreation Centre

Harvey Avenue, Kelowna, BC
(250) 860-3938

- Exercise classes, walking/jogging programs
- Education classes offered

Cardiac Rehabilitation Group Lecture Series

Kelowna General Hospital
(250) 862-4000

- Exercise classes not offered
- Education classes offered monthly

Vernon

Vernon Cardiac Rehabilitation Program Education Classes

Vernon Jubilee Hospital
(250) 545-2211

(ext. 203 - exercise)

(250) 545-2211

(ext. 396 - education)

- Exercise classes
- Education classes offered weekly

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Smart Heart Exercise Program

Greater Vernon Parks &
Recreation District
(250) 545-6035

- Exercise classes
- Education classes not offered

Prince George

Healthy Heart Program - Prince George

1444 Edmonton Street
Prince George,
BC V2M 6W5
(250) 565-7432

- Exercise classes

Prince George YMCA

(250) 562-9341

- Exercise classes
- Education classes not offered

Victoria

YMCA Healthy Heart Beat

Victoria, BC
(250) 386 - 7511

- Exercise classes
- Education classes not offered

Henderson Centre at Oak Bay Recreation Centre

2291 Cedarhill Cross Road
Oak Bay, BC
(250) 370 7205

- Exercise classes
- Education classes not offered

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Prince Rupert

Prince Rupert Healthy Heart Risk Factor Reduction Program

- Contact: Victoria Stewart
(Registered Dietitian)
(250) 624-2171 (Local 225)
- Exercise classes offered
 - Education classes offered

Fort St. John

Fort St. John Healthy Heart Risk Factor Reduction Program

- 10115 - 110th Avenue
Fort St. John, B.C. V1J 6M9
(250) 787-3355
- Exercise classes offered
 - Education classes offered

Other Resources

Stop Smoking Programs

Freedom from Smoking, BC Lung Association

906 West Broadway (604) 731-5864
Vancouver, BC

Fresh Start, Canadian Cancer Society

Vancouver Office (604) 253-8470

Medic Alert

Necklaces & bracelets 1-800-668-1507

Stress Management Programs

(604) 806-8591

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HELPFUL WEB SITES:

St. Paul's Heart <http://www.heartcentre.ca>

Providence Health Care <http://providencehealthcare.ca>

Heart and Stroke Foundation of Canada <http://www.heartandstroke.ca>

American Heart Association <http://www.americanheart.org>

Healthy Heart Program, St Paul's Hospital, Vancouver, BC
<http://www.healthyheart.org>

Canadian Lung Association www.lung.ca

Heart Site about tests and procedures <http://heartsite.com>

National Heart, Lung, and Blood Institute (U.S.) www.nhlbi.nih.gov

5-10 Fruits and Vegetables Campaign www.5to10aday.com

Dietitians of Canada www.dietitians.ca

Canadian Health Network www.canadian-health-network.ca

Your Guide to Lowering Blood Pressure

http://www.nhlbi.nih.gov/health/public/heart/hbp/hbplow/hbp_low.pdf

DASH Diet

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Overwaitea <http://www.overwaitea.com/owfg/nutrition/shopsmart.htm>

Save-On-Foods

<http://www.sof.com/believeit/nutrition/shopsmart.htm>

Canadian Adult Congenital Heart Network <http://www.cachnet.org>

BC Lifeline www.bclifeline.com/providers.html

OTHER INFORMATION SOURCES

Stress Management- "Stop! Take Care of Yourself"

Coumadin- "Coumadin Care Program: Providing a lifetime of confidence:"

Congestive Heart Failure:

"Living With Heart Failure"- overview

"A Guide for Patients"- resources

"Why is it important to reduce my salt intake?"

"Medications- Your heart medications"

"Monitoring your fluid intake"

"Patient Reminders"

"Weekly Log Sheet"

Available on 5B- Just ask any Health Care Professional

Please note: If you have been diagnosed with Congestive Heart Failure, you will be seen by a team of specialists to provide management for this aspect of your care

PARKING LOTS NEAR ST. PAUL'S HOSPITAL

- | | |
|---|---|
| ① St. Paul's Hospital
1081 Burrard St. | ⑥ Wall Centre Hotel
1040 Burrard St. |
| ② Corner of Comox &
Thurlow | ⑦ Advanced Parking
1237 Davie St. |
| ③ Century Plaza
Hotel
1015 Burrard St.

(enter from Comox
St.) | ⑧ Impark
1123 Davie St. |
| ④ Impark
1160 Burrard St. | ⑨ Burrard Motor Inn
1100 Burrard St. |
| ⑤ Nelson Square
808 Nelson St. | ⑩ Impark
1125 Burrard St. |

* This is not a comprehensive list

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