



SMART for the Heart:

Stress Management & Relaxation Training Workshop

This interactive workshop is designed to help you:

- Learn how to recognize signs and symptoms of stress.
- Learn how to manage tension in your body by practicing various relaxation techniques.
- Learn how to better manage your stress by building your time management, assertive communication, and problem solving skills.
- Have an opportunity to meet and talk with other heart patients who are going through a similar time in their lives.

Length of course: 4 sessions, 1.5 hours/session, once a week

When: (Please check with the program for dates.)

Where: Virtual sessions via Zoom

Who: This workshop is offered to Heart Centre patients