

CLASS

EARLY DISCHARGE CARDIAC EDUCATION

This class will help guide you through the early stages of your recovery after you go home from the hospital.

We'll help you understand the information in the materials you received when you were discharged and equip you to make the best possible recovery.



You can bring a friend, partner, spouse or family member to the class. This is helpful if you need translation, as the class is held in English. Please bring a pen and paper to take notes as well as a snack and a drink if you need them. Please call if you can't make your class and need to reschedule.

You'll have the opportunity to learn:

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More about your hospital
discharge instructions



Different heart problems
& procedures



Normal feelings during this
phase of your recovery



Activity and exercise
guidelines (until you
start in Cardiac Rehab)



Medication safety



Heart healthy eating tips



When to get help

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Education classes are scheduled twice each month.
Please call the number below to obtain the next available date.
Please check in upon your arrival and inform the receptionist
that you're attending the Cardiac Education Class.

**Call to book your spot or to enquire about the
next scheduled class: 905 845 2571 x6653**

**Outpatient Rehabilitation
Department**
Level 1, North Block
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(Third Line & Dundas)

