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:

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

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
Oakville Trafalgar Memorial Hospital
3001 Hospital Gate, Oakville
(Third Line & Dundas)