

耆暉社區心血管病預防與康復服務

CAREFIRST COMMUNITY CARDIOVASCULAR Prevention and Rehabilitation Program

*You can't change
yesterday.*

*Do you want to
optimize your health
today?*



Join us to learn and put into practice a lifestyle & behaviour change program consisting of:

- 6-month individualized and peer-supported program
- Personal exercise prescription
- Structured and supervised weekly exercise program
- Group and individual health education & discussion
- Group and individual psychosocial support
- Self-management skills
- Exercise testing at start and at graduation
- Carefirst's onsite Heart Wise Exercise™ programs
- Stanford Chronic Disease Self-Management Programs
- Connection to community support services & networks

Who will benefit? For adults who have:

- Had Transient Ischemic Attack (TIA) ; **or**
- Had minor non-disabling stroke; **or**
- Other cardiovascular disease (e.g. heart attack, hypertension)

Who is your support team? The allied health team including Exercise Therapist, Social Worker, Dietitian and more.



Program Location

Bayview Hill Community Centre
114 Spadina Road, Richmond Hill, ON L4B 2Y9

Call us at:

(416)502-2323 ext. 6010



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你不能改變
昨天

你今天
想改善你的健康嗎?



請加入我們學習並付諸實踐一個改變生活方式和行為的康復計劃。該服務包括：

- 六個月的個人化服務，並有同伴互相支持
- 個人運動處方
- 每週個人運動計畫，並由專業人員指導
- 小組及個人健康教育和討論
- 小組及個人社會心力支援
- 自我管理技巧
- 運動測試（於計劃開始及畢業進行）
- 耆暉 Heart Wise Exercise™（適合心臟病人的運動課程）
- 「身心力行」長期病患自我管理課程
- 社區支援及互助網絡

誰會受益？本計劃適合有以下狀況的成人：

- 曾患短暫性腦缺血發作 Transient Ischemic Attack (TIA); 或
- 曾患輕微中風; 或
- 其他心血管疾病（如心臟病、高血壓）

誰是你的服務團隊？耆暉會的專業團隊，包括：運動治療師、社工、營養師及其他專業人士



服務地點

烈治文山市灣景山社區中心

Bayview Hill Community Centre

114 Spadina Road, Richmond Hill, ON L4B 2Y9

請聯絡我們

(416)502-2323 內線6010

