

Cardiac Rehabilitation Education Class Descriptions

Northern Alberta Cardiac Rehabilitation Program

Inspiring Healthy Choices and Lifelong Wellness. You Can and Together We Will.

Classes are offered each week. You are welcome to attend all classes during your program.

Taking the Lead

Feeling overwhelmed by health changes and change in general? Expand your understanding of managing a chronic disease while feeling empowered, less alone and ready to get back to the things that you enjoy.

Medication Matters

Confused about all of your new heart medications? Learn about the role of medications in managing heart disease, how to take them safely and about their possible side effects.

Heart Basics

The heart is a small, but complex structure. Learn how it works, what can go wrong and how you can help your heart to be the best it can be.

Energy Conservation

It's hard to know when it's safe to return to your regular routines after a heart event. We'll explore the reasons for changing energy levels, and ways to make activities safer for your heart.

FITT for Life

What benefits can you expect from regular exercise? Learn the difference between exercise and physical activity, how much to do, and the challenges and possible solutions to including exercise into your day.

Stress Busters

For some people "chronic stress" is a risk factor for developing heart disease. In this class you will learn about chronic stress and how relaxation techniques such as deep breathing, progressive muscle relaxation, guided imagery and mindfulness based stress reduction can improve your quality of life and reduce your risk for another heart event.

Heart Healthy Eating: The Essentials

Are you feeling confused about what to eat for a healthy heart? In this class, learn the foundation of a heart healthy style of eating to keep you happy and feeling well.

Plan, Shop, Cook

Tired of eating the same meals? Looking for more meal ideas to make healthy eating interesting and enjoyable? Learn some tips on meal planning, grocery shopping, label reading and cooking that will help make the healthy choice, the easy choice.