

# Healthy Hearts

## Cardiac Rehabilitation & Recovery

### Timetable for 2015

Time: 9.00am—3.00pm (Lunch provided)

| Date   | Venue   |
|--|---|
| Mon 26 <sup>th</sup> Jan                       | Richmond Library 280 Queen Street <b>RICHMOND</b>     |
| Mon 23 <sup>rd</sup> Feb                       | Nelson Baptist Church 193 Bridge Street <b>NELSON</b> |
| Sat 28 <sup>th</sup> March<br>(times may vary) | St Johns Hall Courtney Street <b>MOTUEKA</b>          |
| Sat 18 <sup>th</sup> April                     | Headingly Centre 452 Lwr Queen St <b>RICHMOND</b>     |
| Sat 2 <sup>nd</sup> May<br>(times may vary)    | Golden Bay Community Health Centre <b>G.BAY</b>       |
| Mon 25 <sup>th</sup> May                       | Nelson Baptist Church 193 Bridge Street <b>NELSON</b> |
| Mon 29 <sup>th</sup> June                      | Richmond Library 280 Queen Street <b>RICHMOND</b>     |
| Sat 25 <sup>th</sup> July                      | Headingly Centre 452 Lwr Queen St <b>RICHMOND</b>     |
| Mon 31 <sup>st</sup> Aug                       | Headingly Centre 452 Lwr Queen St <b>RICHMOND</b>     |
| Sat 12 <sup>th</sup> Sept<br>(times may vary)  | St Johns Hall Courtney Street <b>MOTUEKA</b>          |
| Mon 19 <sup>th</sup> Oct                       | Nelson Baptist Church 193 Bridge Street <b>NELSON</b> |
| Mon 30 <sup>th</sup> Nov                       | Nelson Baptist Church 193 Bridge Street <b>NELSON</b> |
| Sat 5 <sup>th</sup> Dec                        | Headingly Centre 452 Lwr Queen St <b>RICHMOND</b>     |

### Free on referral

This is a **one-day** small-group education session. Sessions are relaxed and informal, yet highly valued by those who attend.

This is what others have said about the day...  
*"Very helpful advice. Feeling more confident now."*

#### Who can benefit?

Anyone who has recently had a heart attack, heart procedure or heart surgery and their family.

A referral from GP, cardiac nurse or specialist is required.

#### To find out more please contact:

Bee Williamson  
 Cardiac Rehabilitation Coordinator  
 Nelson Bays Primary Health  
 Phone: 03 543 7836  
 Cell: 021 409 552  
 Free: 0800 731 317  
 E: Bee.Williamson@nbph.org.nz  
 www.nbph.org.nz